



# Like A Rock



Jean Bridgeman

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 - 2 3 - 4 5 - 6 7 - 8	<b>Right &amp; Left Struts, Right &amp; Left Heel Walks, Step Touch.</b> Step right toe forward. Drop right heel taking weight. Step left toe forward. Drop left heel taking weight. Step forward onto right heel. Step forward onto left heel. Step right back to place. Touch left beside right.	Right Strut Left Strut Heel Heel Back Touch	Forward Forward Back
<b>Section 2</b> 9 - 10 11 - 12 13 - 14 15 - 16	<b>Left &amp; Right Struts, Left &amp; Right Heel Walks, Step Touch.</b> Step left toe forward. Drop left heel taking weight. Step right toe forward. Drop right heel taking weight. Step forward onto left heel. Step forward onto right heel. Step left back to place. Touch right beside left.	Left Strut Right Strut Heel Heel Back Touch	Forward Forward Back
<b>Section 3</b> 17 - 18 19 - 20 21 - 23 24	<b>Grapevine Right, Left Lock, 1/2 Turn Left with Hitch</b> Step right to right side. Cross left behind right. Step right to right side. Touch left beside right. Step forward left. Lock right behind left. Step forward left. On ball of left make 1/2 turn left hitching right knee.	Step Behind Step Touch Left Lock Step Turn	Right Forward Turning Left
<b>Section 4</b> 25 - 27 28 29 - 30 31 - 32	<b>Right Lock, 1/4 Turn Right with Hitch, Heel Walks, Back Together.</b> Step forward right. Lock left behind right. Step forward right. On ball of right make 1/4 turn right hitching left knee. Step forward onto left heel. Step forward onto right heel. Step back left. Step right beside left.	Right Lock Step Turn Heel Heel Back Together	Forward Turning Right Forward Back
<b>Section 5</b> 33 - 34 35 - 36 37 - 38 39 - 40	<b>Cross Strut, 1/4 Turn Left Strut Back, Side Strut, Cross Strut.</b> Cross left toe over right. Drop left heel taking weight. Make 1/4 turn left stepping right toe back. Drop right heel taking weight. Step left toe to left side. Drop left heel taking weight. Cross right toe over left. Drop right heel taking weight.	Cross. Strut. Turn. Strut. Left. Strut. Cross. Strut.	Right Turning Left Left
<b>Section 6</b> 41 - 42 43 - 44 45 - 46 47 - 48	<b>Back Strut, 1/4 Turn Right Strut, Cross Strut, Rock Rock.</b> Step left toe back. Drop left heel taking weight. Step right toe 1/4 turn right. Drop right heel taking weight. Cross left toe over right. Drop left heel taking weight. Rock right to right side. Rock onto left in place.	Back. Strut. Turn. Strut. Cross. Strut. Rock. Rock.	Back Turning Right Right
<b>Section 7</b> 49 - 50 51 - 52 53 - 54 55 - 56	<b>Right Strut, Step 1/2 Pivot Right, Left Strut, Step 1/2 Pivot Left.</b> Step right toe forward. Drop right heel taking weight. Step forward left. Pivot 1/2 turn right. Step left toe forward. Drop left heel taking weight. Step forward right. Pivot 1/2 turn left.	Right. Strut. Step. Pivot. Left. Strut. Step. Pivot.	Forward Turning Right Forward Turning Left
<b>Section 8</b> 57 - 58 59 - 60 61 - 62 63 - 64	<b>Out Out, In In, Heel Splits, Toe Lifts.</b> Step right out to right side. Step left out to left side. Step right into centre. Step left into centre. Split heels out to sides. Bring heels back to centre. Taking weight on both heels raise toes. Lower toes.	Out. Out. In. In. Heel Splits Up Down	On the spot

INTERMEDIATE

**4 Wall Line Dance:-** 64 Counts. Intermediate Level.

**Choreographed by:-** Jean Bridgeman (UK) July 2001

**Choreographed to:-** 'Like A Rock To A Window' from Stepping Country 4 , Track 11 (160 bpm). Start dance on lyrics.

**Alternative Music:-** 'These Boots Are Ready To Dance' by Dean Brothers (155bpm), Rock Bottom CD or Fever 10; 'Louisiana Saturday Night' from Awesome 6 (165bpm).