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Like A Rock

48 count, 4 wall, intermediate level

Choreographer: Kathryn Rowlands (Wales) Nov 2005

Choreographed to: Badly Bent by The Tractors, CD

The Tractors; If The Jukebox Took Teardrops by
Danni Leigh, CD Toe The Line 4; You Were There by

Carter & Carter, CD Line Dance Hits From The
Jukebox, Vol. 3

8 count intro

1-8 Toe struts, Step, Step, Pigeon Toes

1-2 R cross strut

3-4 L side strut

5-6 Step R foot beside L foot, Step L foot beside R foot

7-8 Swivel heels out and in (pigeon toes)

9-16 Toe Struts, Turn, Touch

1-2 R side strut

3-4 L cross strut

5-6 R side strut making 1/4 turn R

7-8 Touch L toe beside R foot and pause

17-24 Rocking chair, Rock, Recover, Cross, Clap

1-4 Rock L foot forward

Recover onto R foot

Rock L foot back

Recover onto R foot

5-8 Rock out L, recover R, Cross L foot over R foot, pause and clap (weight on L foot)

25-32 Weave, Turn, Rock & Turn

1-4 Rock R foot behind L foot to begin weave to L ending with 1/4 turn L and weight on L foot

5-8 Rock back on R foot, pause; making another 1/4 turn rock onto L foot, pause

(Counts 29-32 should give the effect of a rocking motion)

33-40 Rocking Chair, Rock, Recover, Cross, Clap

1-4 Rock R foot forward

Recover onto L foot

Rock R foot back

Recover onto L foot

5-8 Rock out R, recover L, Cross R foot over L foot, pause and clap (weight on R foot)

41-48 Toe Struts, Coaster, Scuff

1-2 L toe strut back

3-4 R toe strut back

5-8 Step back on L foot, step back on R foot, step forward on L foot and scuff the R foot past.