

Lunchbox Rock

32 count, 2 wall, beginner/intermediate level
Choreographer: Andreas Ehn (Sweden) April 2004
Choreographed to: Country Down To My Soul by Lee Roy Parnell; One Foot In Front Of The Other by Lee Roy Parnell; Nashville Plastic by Michael Apidgian; One Foot Kickin by Band of Oz

Right Weave, Kick, Behind, Side, Cross, Kick

- 1 - 4 Cross left over right, Step right to right side, Cross left behind right, Kick right forward diagonally to right
5 - 8 Cross right behind left, Step left to left side, Cross right over left, Kick left forward diagonally to left
(For styling rise both arms in same direction as the kicks)

Behind, Side ¼, Left Shuffle, Full Turn, Right Shuffle

- 1,2, 3 & 4 Cross left behind right, Step right to right making ¼ turn right, Step left forward, Step right beside left, Step left forward
5,6, 7 & 8 Step right back making ½ turn left, Step left forward making ½ turn left, Step right forward, Step left beside right, Step right forward
(easier option for 5 – 6 : Walk Walk in whatever style you like)

Rock step, Back Lockstep, Full Turn, Back Lockstep

- 1,2, 3 & 4 Rock forward on left, Recover on right, Step left back, Lock right over left, Step left back
5 - 6 Step right forward making ½ turn right, Step left back making ½ turn right
7 & 8 Step right back, Lock left over right, Step right back
(easier option for 5 – 6 : Walk Walk in whatever style you like)

Rock step, Shuffle ¼, Rock step, Side Shuffle

- 1 - 2 Rock back on left, Recover on right,
3 & 4 Step left forward making ¼ turn right, Step right next to left, Step left to left
5 - 6 Cross rock right behind left, Recover on left,
7 & 8 Step right to right side, Step left next to right, Step right to right side