

My Rock

64 count, 2 wall, intermediate level Choreographer: Doug & Jackie Miranda (USA)

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Choreographed to: My Rock by Paul Overstreet

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SIDE SHUFFLE, ROCK, RECOVER; TURN 1/4 LEFT SHUFFLE, TURN 1/2 LEFT

1&2	Shuffle to	side	riaht.	left.	riah
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- 3-4 Rock left behind right, recover on right
- 5&6 Turn 1/4 left and shuffle forward left, right, left
- 7-8 Step right forward, turn 1/2 left and step left forward

CROSS POINTS FORWARD, SKIPS (HOPS) BACK

- 1-4 Cross right over left, touch left to side, cross left over right, touch right to side
- 5& Step right back, hitch left knee and hop right back
- 6& Step left back, hitch right knee and hop left back
- 7&8 Step right back, hitch left knee and hop right back. Step left back

TURN 1/4 RIGHT SHUFFLE FORWARD, TURN 1/2 RIGHT, SHUFFLE FORWARD, FULL TURN FORWARD

- 1&2 Turn 1/4 right and shuffle forward right, left, right
- 3-4 Step left forward, turn 1/2 right and step right forward
- 5&6 Shuffle forward left, right, left
- 7-8 Turn 1/2 left and step right back, turn 1/2 left and step left forward

WALK FORWARD, TURN 1/4 RIGHT JAZZ BOX

- 1-4 Step right forward, step left forward, step right forward, step left forward
- 5-8 Cross right over left, step left back, turn 1/4 right and step right to side, step left together

TURN 1/4 RIGHT MONTEREY, TOUCH, HOLD WITH CLAPS 2X; HEEL SWITCHES TURN RIGHT, HOLD WITH CLAPS 2X

- 1&2&3 Touch right to side, turn 1/4 right and step right together,
 - touch left to side, step left together, touch right to side
- &4 Clap, clap

5-8

- 5&6& Touch right heel forward, step right together, touch left heel forward, step left together
- 7&8 Touch right heel forward, clap, clap

TURN 1/4 RIGHT JAZZ BOX, 3/4 WALK AROUND LEFT

turn 1/4 left and step left forward (12:00)

- 1-4 Cross right over left, step left back, turn 1/4 right and step right to side, step left forward (9:00) Look over left shoulder, and continue looking there for counts 5-8.

 During counts 5-8, you will curve to the left as you walk forward, completing a TURN 3/4
 - to the left during the 4 counts

 Step right forward, turn 1/4 left and step left forward, turn 1/4 left and step right forward,

STEP SIDE, BEHIND, TURN 1/4 RIGHT, STEP FORWARD, TURN 1/2 RIGHT, TURN 1/4 RIGHT, VINE LEFT

- 1-4 Step right to side, cross left behind right, turn 1/4 right and step right forward, step left forward
- 5-8 Turn 1/2 right and step right forward, turn 1/4 right and step left to side, cross right behind left, step left to side

TWO SAILOR STEPS, STEP FORWARD, TURN 1/2 LEFT, SCUFF

- 1&2 Sailor step stepping right, left, right
- 3&4 Sailor step stepping left, right, left
- 5-8 Step right forward, turn 1/2 left (weight to right) and touch left toe forward, step left forward, scuff right forward and slightly side

TAG: Toward the end of the 5th repetition of the dance, (you will be at the front/ 12:00 wall) the music will slow down. You will be doing count 5 of the last set of 8 on the word "side..." (after the sailor steps). Slowly step forward on your right leaning straight forward with the music eliminating the TURN 1/2 left (count slowly 5,6,7,8 &).

When the note is sung an octave higher, slowly start leaning LEFT BACK. The music will speed up again. Start the dance from the beginning.

You will get the hang of it the more you practice with the song. You will then dance the dance all the way through one more time plus only the first 12 counts of the dance. The song will sound like it is ending. Turn 1/4 right to face the front and slowly raise and then lower arms. You can fade out here and finish or continue when the song starts up again.