

## Rock Therapy

32 Count, 4 Wall, Improver

Choreographer: Bracken Ellis Potter, & Linda Ellis  
(USA) July 2009

Choreographed to: Let It Rock by Kevin Rudolf &  
Lil Wayne, CD: In the City (Bonus Track Version)

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### **WALK, WALK, SHUFFLE, FRONT & BACK & FRONT & BACK**

- 1,2 Step R forward; Step L forward  
3&4 Step R forward; & Close L next to R; Step R forward  
5&6& Place L slightly forward with weight on ball of L; & Return weight (in place) to R;  
Place L slightly back with weight on ball of L; & Return weight (in place) to R  
7&8 Place L slightly forward with weight on ball of L; & Return weight (in place) to R; Step L back

### **BACK, DRAG, & WALK, CROSS, 3/4 BOX**

- 1,2 Big step R back; Drag L next to R  
&3,4 & Step ball of L next to R; Walk R forward; Step L across (in front of) R  
5& Step R to R side; & Make 1/4 turn L bringing L to touch next to R  
6& Step L to L side; & Make 1/4 turn L bringing R to touch next to L  
7& Step R to R side; & Make 1/4 turn L bringing L to touch next to R  
8 Step L to L side [3:00]

### **CROSS, HOLD, & CROSS SIDE, SAILOR STEP, WEAVE 1/4 TURN**

- 1,2 Step R across (in front of) L; Hold  
&3,4 & Step ball of L slightly to L side; Step R across (in front of) L; Step L to L side  
5&6 Step R behind L; & Step L to L side; Step R to R side (slightly forward)  
7&8 Step L behind R; & Make 1/4 turn R and step R forward; Step L forward [6:00]

### **ROCK RECOVER COASTER STEP, WALK, WALK, WALK, TOUCH**

- 1,2 Rock R forward; Recover to L  
3&4 Step R back; & Step L next to R; Step R forward  
5678 In a large circle to the R, walk L, R, L, touch R making 3/4 turn [3:00]

START OVER! Enjoy!

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