

# **Rockin' Pneumonia**

BEGINNER 32 Count

Choreographed by: AT Kinson & Jo Thompson Szymanski Choreographed to: Rockin' Pneumonia by Ronnie McDowell

Website: www.linedancerweb.com Email: admin@linedancerweb.com

# HEEL, TOE WITH 1/4 LEFT TURN, REPEAT, WALK RIGHT 3, HOOK

- 1 Touch right heel forward with right toe turned slightly out.
- 2 Turning 1/4 left on ball of left foot turn right knee in and touch right toe to floor.
- 3 4 Repeat above 2 counts to end facing back.
- 5 7 Turn body slightly right walk right, left, right toward right side.
- 8 Turning body slightly left, hook left foot across front of right shin.

## FRONT CROSSING TRIPLES LEFT & RIGHT, STEP, KICK, CROSS, UNWIND

- Step left across in front of right facing the wall that is 1/4 right from original.
- & Step right to right side with weight only on ball of the foot turning body slightly left.
- 2 Step left in place (slightly forward.)
- 3 Step right across in front of left returning body to the center.
- & Step left to left side with weight only on ball of the foot turning body slightly right.
- 4 Step right in place (slightly forward.)
- 5 6 Step left across in front of right, kick right to right side
- 7 8 Cross ball of right over left, unwind left 1/2 to end with feet apart weight on both feet

# BODY ROLL, REACH-PULL TWICE, 1/4 TURN RIGHT, 2 ELVIS KNEES

- 1 2 2 count body roll from knees up, start by bending both knees and rolling up.
- Touch right toe back at the same time reach forward with both hands (at waist height, palms down).
  Pull both hands in to hips, pressing hips forward, leaning shoulders slightly back so that ball of right is bearing some weight.
- & Bring left foot back to meet right taking weight on left foot and returning shoulders to center,
- Touch right toe back at the same time reach forward with both hands (at waist height, palms down).
  Pull both hands in to hips pressing hips forward, leaning shoulders slightly back so that ball of right is bearing some weight.
- 7 Turn 1/4 right shifting weight to right foot turning left knee in Elvis style.
- 8 Switch to right knee in Elvis style (weight is now on left foot),

## CROSS BACK, UNWIND, KICK, BALL CHANGE, SAILOR & DRAG, 2 STOMPS

- 1 2 Cross ball of right behind left, unwind right 1/2 shifting weight to right foot
- 3 & 4 Kick left across in front of right, step ball of left to left side, replace weight to right foot
- 5 & Step left behind right, step ball of right to right side
- 6 Large step left to left side.
- 7 Hold while dragging right foot in toward left foot.
- & 8 Stomp right next to left twice with no weight change.

## REPEAT

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Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 \*charged at 10p per minute