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Rocks In Both Shoes

32 Count, Improver WCS Partner/Circle
Choreographer: Bob & Marlene Peyre-Ferry (USA)
June 2008
Choreographed to: Rocks In Your Shoes by Emily
West CD: Emily West

Position: Begin in Cape (Sweetheart) Position
Based on line dance Rocks 'N' Your Shoes by Phyllis Mainer

SHUFFLE, SHUFFLE, ROCK STEP, KICK, BALL, CHANGE

1&2 Right shuffle forward
3&4 Left shuffle forward
5-6 Right rock step back
7&8 Right kick, ball, change

PIVOT, SHUFFLE, CROSS, STEP BACK, SLIDE, TOUCH

1-2 Releasing left hands as raise right, step right forward, turn ½ turn left. Right hands go over lady's head and drop down behind man's back taking left hands in front of lady
3&4 Right shuffle forward
5-6 Cross left over right, step right back
7-8 Extended slide left forward, touch right to left

SHUFFLE, CROSS, ROCK BACK, STEP, ROCK STEP, PIVOT

1&2 Right shuffle back
3-4 Cross left over right, rock right back
&5-6 Step left forward, right rock step back
7-8 Releasing right as raise left, step right forward, turn ½ turn left

SHUFFLE, SHUFFLE, TURN, CROSS, TURN, STEP

1&2 Resuming cape position, right shuffle forward
3&4 Left shuffle forward
5-6 Releasing left hands as raise right, step right forward as turn ¼ turn left, cross left behind right
7-8 Step right forward as turn ¼ turn right to LOD, step left forward
Option: lady turn 1 ¼ turn right

Music download available from iTunes

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