

Rough And Ready

32 Count, 2 Wall, Improver

Choreographer: A. J. & Scott Herbert (USA)

April 2010

Choreographed to: Rough And Ready by Trace Adkins, CD: Comin' On Strong (120 bpm)

Start dance 32 counts in with the vocals, right after you hear "...listen up, this is philosophical..."

LEFT ROLLING VINE, 2 STOMPS, RIGHT ROLLING VINE, 2 STOMPS

- 1-2 Turn ¼ left and step left forward, turn ½ left and step right back
3&4 Turn ¼ left and step left to side, stomp right together twice
5-6 Turn ¼ right and step right forward, turn ½ right and step left back
7&8 Turn ¼ right and step right to side, stomp left together twice
Easier option: vine left and right without the turns on counts 1-2-3 and 5-6-7

LEFT-RIGHT TWIST STEPS, LEFT DIAGONAL STEP-HITCH, RIGHT-LEFT DIAGONAL WALK BACK, COASTER STEP

- 1-2 Step left diagonally forward (twisting both heels right), step right diagonally forward (twist both heels left)
3-4 Step left diagonally forward, hitch right knee
5-6 Step right diagonally back, step left back (squaring up to line of dance)
7&8 Step right back, step left together, step right forward

LEFT PIVOT ½ RIGHT, RIGHT KICK, COASTER, 2X FORWARD RIGHT ½ TURNS, WALK RIGHT-LEFT

- 1-2 Step left forward, turn ½ right and right kick forward
3&4 Step right back, step left together, step right forward
5-6 Step left forward, turn ½ right and step right back
7-8 Turn ½ right and step left forward, step right forward
Easier option: step left forward-step right forward on counts 5-6 instead of Turning

LEFT-RIGHT FORWARD OUT-OUT, LEFT-RIGHT BACK IN-IN, LEFT-RIGHT LOCK STEPS, LEFT KICK

- 1-2 Step left diagonally forward (roll left knee and hip to the left), step right diagonally forward (roll right knee and hip to the right)
Feet about shoulder-width apart
3-4 Step left back (roll left knee and hip to the left), step right back (roll right knee and hip to the right)
Feet about shoulder-width apart
5&6 Step left diagonally forward, lock right behind left, step left diagonally forward
&7&8 Step right diagonally forward, lock left behind right, step right diagonally forward, brush/kick left forward
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