

Jody's Rock

48 Count, 4 Wall, Improver

Choreographer: Pablo K (USA) Nov 2014

Choreographed to: The Rock by Ms. Jody

Intro: Start immediately after "Let's Do This" on instrumentals (difficult until dance becomes familiar).
Or wait 48 counts and start dancing on the word "wait".
This music track is about 5:35. A good place to end the dance is somewhere between 3:10 and 3:20

1 ROCK-RECOVER, ROCK-RECOVER, ROCK-RECOVER, SAILOR SHUFFLE

1-2 Rock left forward, recover to right
3-4 Rock left back, recover to right
5-6 Rock left side, recover to right
7&8 Left sailor step

2 SIDE, TOGETHER, SIDE, CROSS, TURN, STEP, SHUFFLE

1-2 Touch right side, touch right together
3-4 Touch right side, cross right over
5-6 Turn $\frac{1}{4}$ right and step left back, step right forward (3:00)
7&8 Chassé forward left-right-left

3 ROCK-RECOVER, SHUFFLE, ROCK-RECOVER, SHUFFLE

&1-2 Scuff right forward, rock right forward, recover to left
Option: rock-recover without the "&" count. Change counts to 1-2
3&4 Chassé back right-left-right
&5-6 Step left back, touch right heel forward, step right together
Option: rock-recover without the "&" count. Change counts to 5-6
7&8 Chassé forward left-right-left

4 SWIVEL WALK, TOUCH TURN

1-2 Step right forward and swivel heels left, step left forward and swivel heels right
3-4 Step right forward and swivel heels left, step left forward and swivel heels center (3:00)
&5 Raise left heel, turn $\frac{1}{8}$ left and lower left heel (touch right side)
&6 Raise left heel, turn $\frac{1}{8}$ left and lower left heel (touch right side) (12:00)
&7 Raise left heel, turn $\frac{1}{8}$ left and lower left heel (touch right side)
&8 Raise left heel, turn $\frac{1}{8}$ left and lower left heel (touch right side) (9:00)

5 STROLL, SCUFF, STROLL, SCUFF

1-4 Turn $\frac{1}{8}$ right and step right forward, lock left behind, step right forward, scuff left forward (10:30)
5-7 Turn $\frac{1}{4}$ left and step left forward, lock right behind, step left forward, scuff right forward (7:30)

6 CROSS, TOUCH, STEP, TOUCH, SHUFFLE, ROCK, RECOVER

1-2 Cross right over, touch left slightly back (or hold)
3-4 Turn $\frac{1}{8}$ right and step left back, cross/touch right over (or hold) (9:00)
5&6 Chassé back right-left-right
7-8 Rock left back, recover to right