

Rocks In Your Shoes

32 Count, 4 Wall, Improver

Choreographer: William Sevone (UK) Feb 2015

Choreographed to: Rocks In Your Shoes by Emily West
(122 bpm - iTunes - Amazon)

Note: REMEMBER THE SHORT 4th WALL. Ideal for the experienced Beginner and above
Dance starts on the word **BAD** as in "So you had some **BAD** luck, life sucks"

2x Jump-Together-Hold. Side Touch. Out. Together. Side Strut (12:00)

- &1-2 Jump forward onto right, step left to next to right. Hold
- &3-4 Jump backward onto right, step left next to right. Hold
- 5-6 Touch right to right side. Touch right next to left
- 7-8 Step right toe to right side. Drop right heel.

Diagonal Toe Strut. Cross Toe Strut. Backward Lockstep. Side. Fwd (12:00)

- 9-10 Step left toe diagonally forward right. Drop left heel.
- 11-12 Cross step right toe over left. Drop right heel.
- 13& 14 Step back onto left, lock right across front of left, step back onto left.
- 15-16 Step right to right side. Step forward onto left.

SHORT WALL - WALL 4 (facing 9.00) – ADD ¼ turn RIGHT to Count 15:

Turn ¼ right & step right to right side

THEN RESTART DANCE from count 1 facing 12:00 (New Wall).

2x Diagonal Hip Bump Right. 2x Diagonal Hip Bump Left. 2x Side-Slide Touch (12:00)

- 17-18 **turning to face 10.30** – Step right diagonally right & bump hips right. Bump hips right.
- 19-20 **turning to face 2.30** – Step left diagonally left & bump hips left. Bump hips left.

With a slight fall and rise/body roll on counts 21-24 do the following :

- 21-22 Step right to right side. Slide & touch left next to right.
- 23-24 Step left to left side. Slide & touch right next to left.

3x Jump-Touch Together. Jump-Touch Behind. Half Circle Walk (3:00)

- &25 Jump right to right side, touch left next to right
- &26 Jump left to left side, touch right next to left
- &27 turning to face 10.30 - Jump right to right side, touch left next to right
- &28 turning to face 9.00 - Jump left slightly forward, touch right slightly backward of left.
- 29-32 Walk in half circle left (3): Right-Left-Right-Left.

Alternative: Count 28: 'Flick kick' right foot backward.

FINISH: The dance will finish on count 32 of Wall 11 facing 9:00. After count 32 do the following:

- &33 Jump forward onto right, step left to next to right
- &34 Jump backward onto right, step left to next to right
- &35 Jump forward onto right, step left to next to right
- 36 Turn ¼ right & with arms out to sides – step right to right side.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.