

My Rock

32 Count, 3 Wall, Intermediate/Advanced
Choreographer: Donna Manning (USA) Sept. 2015
Choreographed to: Shoulder by Amy Guess

***3 walls (until the last wall starts at 9:00 because of Tags and Restarts)**

Wall 1: After count 25 – add a 1 count sway back to the L leg facing 12:00 and then Restart

**Wall 3: Starts facing 3:00 – you will use count 25 to restart the dance-
so you will Restart facing 3:00 again**

Sec. 1: Step ½ turn, Run L R L, Rock, Recover, Back, Side, Step, Step, Step, ½, Step, ½, ¼, Sway

1, 2&a3 Step R fwd & on the ball of R make ½ turn R, quick steps fwd L R L, Rock R fwd

4&a Recover to L, Step R back to back R diagonal, Step L to L side

5,6 Step R fwd dragging L thru center, step L fwd dragging R through center

7&a Step R fwd, ½ turn L, Step R fwd,

8&a ½ turn L, ¼ L small step with R to R side(quick sway to R), weight change to L (quick sway to L)(3:00)

Sec. 2: R Night Club Basic, Side, Rock, Recover, ½, ½, ½, Sway, Sway, Side, Cross, Rock, Recover, Cross

1,2&a3 Step R to R side, Step L next to R, cross R over L, step L to L side, rock back on R (angle to 4:30)

*****look over your L shoulder- that wall is your target to be facing on count 5*****

4&a5 Recover to L(toe out), ½ turn L step back on R, ½ turn L step fwd on L, ½ turn L step back on R
(finish @ 10:30, 12:00 wall – clue is to use where your L shoulder was facing when you did the R back rock)

6, 7&a Sway fwd to L, sway back to R, step L to L side, cross R over L

8&a Rock L to L side, recover to R, cross L over R (12:00)

Sec. 3: Point, 1 ¼ Turn (partial Monterey), Side, Coaster, Point, Point, ¾ Turn, Step, Heel Swivel

1,2,3 Point R to R side (L shoulder back, R shoulder fwd for torque), on the ball of L and over R shoulder,
turn 1 full turn to the R, step down on the R (2)continue on ball of R ¼ turn to R step L to L side
bending L knee angle to 4:30 (3:00)

4&a5 Step R back, bring L back to R, step R fwd – bending R knee, point L across R

6,7 Point L out to L side (R shoulder back, L fwd), on the ball of the R and over L shoulder turn ¾
to the L stepping out L fwd (6:00)

8&a Step R in front of L, on balls of both feet swivel both heels to R, recover to L taking weight to L(6:00)

Sec. 4: ½ Turn, ¾ Turn, Sway Back, Recover, Lift, Flip, Step, Rock, Recover, Step, Coaster Partial

1,2,3½ Turn R stepping R fwd, on ball of R - ¾ turn over R shoulder step down on L, sway back on R

4&a5 Recover to L, lift R ankle high, ½ turn on ball of L flipping R behind you, step fwd on R

6,7 Rock fwd on L, recover to R

8&a Step L back, (begin a R back coaster) step R back, bring L to R

Enjoy the music and get lost in the dance.....