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Rock-A-Bye

180 Count, 2 Wall, Intermediate (Phrased)

Choreographer: Trizia Ruggiero (UK) Nov 2016

Choreographed to: Rock-A-Bye Baby by Clean Bandit,
ft. Ann-Marie & Sean Paul

Intro: 32 Counts - Sequence A/B/Tag/B/C/D/B/C/Ending

Section A – [64 Counts]

A1: Cross-Step Side –Cross-Point

- 1-2 Cross R over L –step L to side
- 3-4 Cross R over L- point L to side
- 5-6 Cross L over R- step R to side
- 7- 8Cross L over R- point R to side

A2: Points / Sailor

- 1-2 Point R forward – point R to side
- 3&4 Sweep R behind L- step on ball of L- replace weight onto R
- 5-6 Point L forward- point L to side
- 7&8 Sweep L behind R- step on ball of R- replace weight onto L

A3 + A4: [Repeat Above 16 Counts Once More] [32 Counts]

A5+A6: Sways Quarter Turn/ Half Turn/ Side Mambo's

- 1-4 Sway hips R-L-R-L Making Quarter Turn L [9.00]
- 5&6 Rock R to side[5] place weight on ball of L [&] place R beside L [6]
- 7&8 Rock to L side[7] place weight onto ball of R [&] place L beside R

- 1-4 Sway hips R-L-R-L Making Half Turn L [3.00]
- 5&6 Rock R to side[5] place weight onto ball of L [&] place R beside L[6]
- 7&8 Rock L to side [7] place weight onto ball of R [&] place L beside R [8]

A7+A8: Kick Ball Change X2 /Jazz ox/ Jazz Box Quarter Turn

- 1& 2Kick R forward[1] place weight onto ball of L[&] replace weight onto R[2]
- 3&4 Kick R forward [3] place weight onto ball of L[&] replace weight onto R [4]
- 5-8 Cross R over L- step back on L- step R to R side- step L beside R

- 1-4 Repeat Kick Ball Changes [Counts 1-4]
- 5-8 Cross R over L- step back on L- step R to R side [Making Quarter Turn R] place L beside R

Section B - [48counts]

B1: Rocking Chairs/ Pivot Half Turns/ Cross Unwind Half Turn

- 1-4 Rock forward R-replace weight on L – rock back on R – replace weight on L
- 5-6 Step forward R-half turn L placing weight onto L
- 7&8 Cross R over L- unwind half turn L

B2: Rocking Chair/Mambo's

- 1-4 Rock forward on R- replace weight onto L- rock back on R- replace weight onto L
- 5&6 Rock R to side[5] place weight onto ball of L[&] place R beside L[6]
- 7&8 Rock L to side[7] place weight onto ball of R[&] place L beside R[8]

B3+B4: Repeat Last 16 Counts From Rocking Chair –Pivot Half Turn-Unwind

B5: Touch Back/ Together/ Shuffle

- 1-2 Touch R back- touch R beside L
- 3&4 Step back on R – step L in front of R- step back on R
- 5-6 Touch L back- touch L beside R
- 7&8 Step back on L- step R in front of L- step back on L [6.00]

B6: Repeat Last 8 Counts Once More

Tag

T1-T4: [Cross-Side- Cross –Points- Points-Sailors] First 32 Counts Of Section A

T5: Kick Ball Change/ Jazz Box Quarter Turn
1&2 Kick R forward[1] place weight onto ball of L [&] replace weight onto R[2]
3&4 Kick R forward- place weight onto ball of L- replace weight onto R
5-8 Cross R over L – step L back- step R to side[making quarter turn] step L beside R [9,00]

T6: Repeat The Above 8 Counts Once More [12.00]

T7+T8: Repeat First 16 Counts Of Wall 1[Cross Side Cross Points/Points /Sailors]

T9+T10: Sways –Quarter Turn/ Side Mambos/ Sway Half Turn/ Jazz Box Quarter Turn

1-4 Sway Hips R-L-R-L –Making Quarter Turn L
5&6 Rock R to side[5] place weight onto ball of L[&] step R beside L [6] [9.00]
7&8 Rock L to side[7] place weight onto ball of R[&] step L beside R [8]

1-4 Sway hips R-L-R-L –Making Half Turn L – [3.00]
5-8 Cross R over L-step back on L- step R to side [making quarter turn] –step L beside R [6.00] – [80counts]

Section C - [16 Counts]

C1: Touch Side/ Together/Forward Shuffles/ Touch Back/ Touch Together/Shuffle Back

1-2 Touch R to side-touch R beside L
3&4 Step R forward[3] step L behind R[&] step R forward[4]
5-6 Touch L to side-touch L beside R
7&8 Step L forward[7] step R behind L[&] Step L forward[8]

C2: Repeat C1

Section D - [52 Counts]

D1: Cross/Side/Cross/Point/Cross/Side /Cross/Point

1-4 Cross R over L- step L to side- cross R over L- point L to side
5-8 Cross L over R- step R to side- cross R over L – point R to side

D2: Point/Point/Sailor Step

1-2-3&4 Point R forward –point R to side- sweep R back- weight on ball of L- step onto R
5-6-7&8 Point L forward- point L to side- sweep L back- weight on ball of R – step onto L

D3:

1-4 Hold 2-3-4

D4: Sways Quarter Turn/ Side Mambos

1-4 Sway hips [making quarter turn] R-L-R-L
5&6 Rock R to R side – weight on ball of L – step R beside L
7&8 Rock L to L side –weight on ball of R- step L beside R

D5: Sways Half Turn/ Side Mambos To R

1-4 Sway hips [making half turn] R-L-R-L
5&6 Rock to R side- weight on ball of L- step R beside L
7&8 Rock L to L side – weight on ball of R- step L beside R

D6+D7: Kick Ball Changes/Jazz Box/Kick Ball Changes/Jazz Box Quarter Turn [12.00]

1&2 Kick R forward- weight onto ball of L – replace R beside L
3&4 Kick R forward- weight onto ball of L- replace R beside L
5-8 Cross R over L – step L back- step R to side- step L beside R

1&2 Kick R forward- weight onto ball of L- replace R beside L
3&4 Kick R forward- weight onto ball of L- replace R beside L
5-8 Cross R over L – step back on L- step R to side [making quarter turn] step L beside R

Ending: - [16counts]

1-8 Cross-side- cross- point L- cross-side-cross-point R
1-4 Cross-side–cross–point L
5-8 Cross L over R –unwind a full turn to face front [12.00]

End Of Dance
