

# ROCKA HULA

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**Count:** 80

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Robbie McGowan Hickie

**Music:** Rock A Hula Baby by The Deans

## INTRO

### FORWARD ROCKS, SIDE ROCKS, SLOW COASTER STEPS WITH HOLDS (LEFT & RIGHT)

- 1-4** Rock forward on left, rock back on right, rock left to left side, recover weight on right
- 5-8** Step back on left, step right beside left, step forward on left, hold
- 9-12** Rock forward on right, rock back on left, rock right to right side, recover weight on left
- 13-16** Step back on right, step left beside right, step forward on right, hold

### STEP, PIVOT ½ TURN RIGHT, STEP, HOLD, STEP, PIVOT ½ TURN LEFT, HOLD, LOCK STEP FORWARD, SCUFF (LEFT & RIGHT)

- 1-4** Step forward on left, pivot ½ turn right, step forward on left, hold
- 5-8** Step forward on right, pivot ½ turn left, step forward on right, hold
- 9-12** Step forward on left, lock right behind left, step forward on left, scuff right forward
- 13-16** Step forward on right, lock left behind right, step forward on right, scuff left forward

### FORWARD ROCK, STEP BACK, HOLD, SLOW SHUFFLE ½ TURN RIGHT WITH HOLD TWICE, SLOW RIGHT COASTER CROSS, HOLD

- 1-4** Rock forward on left, rock back on right, step back on left, hold
- 5-8** Right shuffle back turning ½ turn right stepping right, left, right, hold
- 9-12** Left shuffle forward turning ½ turn right stepping left, right, left, hold
- 13-16** Step back on right, step left beside right, cross step right over left, hold

### SIDE TOE STRUT, CROSSING TOE STRUT, SIDE ROCK, CROSS, HOLD (LEFT & RIGHT)

- 1-2** Step left toe to left side, drop left heel to floor
- 3-4** Cross step right toe over left, drop right heel to floor
- 5-8** Rock left to left side, recover weight on right, cross step left over right, hold
- 9-10** Step right toe to right side, drop right heel to floor
- 11-12** Cross step left toe over right, drop left heel to floor

**13-16** Rock right to right side, recover weight on left, cross step right over left, hold

### **End of introduction**

#### **THE MAIN DANCE**

##### **LEFT SIDE, TOGETHER, FORWARD, HOLD, FORWARD ROCK, HALF TURN RIGHT, HOLD**

**1-4** Step left to left side, close right beside left, step forward on left, hold

**5-6** Rock forward on right, rock back on left

**7-8** Turn  $\frac{1}{2}$  turn right stepping forward on right, hold, (facing 6:00)

##### **LEFT SIDE, TOGETHER, FORWARD, HOLD, FORWARD ROCK, HALF TURN RIGHT, HOLD**

**1-4** Step left to left side, close right beside left, step forward on left, hold

**5-6** Rock forward on right, rock back on left

**7-8** Turn  $\frac{1}{2}$  turn right stepping forward on right, hold, (facing 12:00)

##### **LEFT LOCK STEP FORWARD, HOLD, HIP BUMPS X 4**

**1-4** Step forward on left, lock right behind left, step forward on left, hold

**5-8** Touch right toe forward bumping hips right, left, right, left, (weight on left)

##### **SLOW RIGHT COASTER STEP, HOLD, FORWARD ROCK, QUARTER TURN LEFT, HOLD**

**1-4** Step back on right, step left beside right, step forward on right, hold

**5-6** Rock forward on left, rock back on right

**7-8** Turn  $\frac{1}{4}$  turn left stepping left to left side, hold, (facing 9:00)

##### **WEAVE LEFT, HOLD, SWEEP BEHIND, SIDE, CROSS, HOLD**

**1-4** Cross step right over left, step left to left side, cross right behind left, hold

**5-6** Sweep left out and around crossing behind right, step right to right side

**7-8** Cross step left over right, hold

##### **RIGHT SCISSORS, HOLD AND CLAP, LEFT SCISSORS, HOLD AND CLAP**

**1-2** Step right to right side, close left beside right and slightly back

**3-4** Cross step right over left, hold and clap

**5-6** Step left to left side, close right beside left and slightly back

**7-8** Cross step left over right, hold and clap

### **RIGHT SIDE, TOGETHER, BACK, HOLD, SLOW LEFT SHUFFLE HALF TURN LEFT, HOLD**

- 1-4 Step right to right side, close left beside right, step back on right, hold
- 5-8 Slow left shuffle back turning  $\frac{1}{2}$  turn left stepping left, right, left, hold, (facing 3:00)

### **FORWARD ROCK, POINT, HOLD, BEHIND, SIDE, CROSS, HOLD**

- 1-4 Rock forward on right, rock back on left, point right toe out to right side, hold
- 5-8 Cross right behind left, step left to left side, cross step right over left, hold

### **LEFT SIDE TOE STRUT, RIGHT CROSSING TOE STRUT, SIDE ROCK, CROSS, HOLD**

- 1-2 Step left toe to left side, drop left heel to floor
- 3-4 Cross step right toe over left, drop right heel to floor
- 5-8 Rock left to left side, recover weight on right, cross step left over right, hold

### **RIGHT SIDE TOE STRUT, LEFT CROSSING TOE STRUT, SIDE ROCK, CROSS, HOLD**

- 1-2 Step right toe to right side, drop right heel to floor
- 3-4 Cross step left toe over right, drop left heel to floor
- 5-8 Rock right to right side, recover weight on left, cross step right over left, hold

### **REPEAT**

**For an easier version of this dance, see my script for "Don't Forget"**

### **ENDING**

**The music slows way down during wall 6 of main dance (facing 3:00). Dance to count 32 (you will then be facing 12:00 wall). Hold position (weight is on left) then on the word "rockin", proceed as follows:**

### **FORWARD ROCK, COASTER STEP (RIGHT & LEFT), STEP, PIVOT $\frac{1}{2}$ TURN LEFT TWICE, FORWARD ROCK, BACK, HOLD**

- 1-2 Rock forward on right, rock back on left
- 3&4 Step back on right, step left beside right, step forward on right
- 5-8 Repeat above counts 1 - 4 on opposite foot
- 9-12 Step forward on right, pivot  $\frac{1}{2}$  turn left, step forward on right, pivot  $\frac{1}{2}$  turn left
- 13-14 Rock forward on right, rock back on left
- 15-16 Step back on right, hold position and pose, arms spread out !!!!! (facing 12:00)

