

Rocks In Your Shoes

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Count: 32

Wall: 4

Level: Advanced Beginner

Choreographer: William Sevone (Feb 2015)

Music: Rocks in Your Shoes - Emily West (Single - 122 bpm)

Choreographers note:- REMEMBER THE SHORT 4th WALL. Ideal for the experienced Beginner and above

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

Dance starts on the word BAD as in "So you had some BAD luck, life sucks"

S1: 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.

S2: 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).

S3: 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.

S4: 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

&27turning to face 10.30 - Jump right to right side, touch left next to right

&28turning 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.

DANCE 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 $\frac{1}{4}$ right & with arms out to sides - step right to right side.

Last Update - 10th Feb 2015