

Let's Do The Rock

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Count: 48 **Wall:** 4 **Level:** Improver

Choreographer: Sue Ann Ehmann & Dancin' Terry (Aug 2014)

Music: The Rock by Ms. Jody, CD: It's All About Me - BPM: 120

Intro: 48 counts (begin on Lyrics)

WALK, WALK, ANCHOR, TOUCH BEHIND, UNWIND

- 1-2** Walk forward right, left
- 3&4** Step right behind left, rock left forward, recover right
- 5-8** Touch left back (5), bounce around 1/2 turn over left shoulder (6-7-8). (Weight ends left) (6:00)

SIDE ROCK, CROSS, SIDE ROCK, CROSS, FORWARD ROCK RECOVER, COASTER

- 1&2** Rock right to side, recover left, step right across left (moving slightly forward)
- 3&4** Rock left to side, recover right, step left across right (moving slightly forward)
- 5-6** Rock right forward, recover left
- 7&8** Step right back, step left beside right, step right forward

BUMP 1/4 RIGHT, BUMP 1/4 RIGHT, STEP 1/4 RIGHT, STEP 1/4 RIGHT

- 1&2** Turning 1/4 right bump hip left, center, step left beside right (9:00)
- 3&4** Bump right hip right, center, turn 1/4 right stepping right forward (12:00)
- 5-6** Step left forward, pivot 1/4 right (3:00)
- 7-8** Step left forward, pivot 1/4 right (6:00)

ROCK, RECOVER, COASTER, RIGHT SAILOR, 1/4 LEFT SAILOR

- 1-2** Rock left forward, recover right
- 3&4** Step left back, step right beside left, step left forward
- 5&6** Step right behind left, step left to side, step right to right diagonal
- 7&8** Turning 1/4 left sweep left behind right, step right to side, step left to left diagonal (3:00)

RIGHT LOCK STEP, SCUFF, LEFT LOCK STEP, SCUFF

- 1-4** Step right forward angling body 1/8 turn, step left behind right, step right forward facing (3:00), scuff left

5-8 Step left forward angling body 1/8 turn, step right behind left, step left forward facing (3:00), scuff right

**Note: This section should feel like the old Stroll. Angle your body as you move forward
BUMP RIGHT 2X, BUMP LEFT 2X, HIP ROLLS 2X**

1&2 Stepping right side bump hips right, center, right

3&4 Stepping left to side bump hips left, center, left

5-8 Roll hips in circle counter clock-wise 2x (weight ends left)

BEGIN AGAIN!

Choreographer info:

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