

ROCK N' WRAP

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Count: 42 **Wall:** — **Level:** —

Choreographer: Kathy Sharpe

Music: 455 Rocket by Kathy Mattea

Position: Couples begin in closed position, gents facing outside circle, ladies facing inside circle, ladies begin on right foot, gents stepping on left foot

BASIC EAST COAST SWING PATTERN IN CLOSED POSITION

1-6 Basic east coast swing pattern in closed position (triple step on counts 1&2, triple step on counts 3&4, step back on free foot and rock forward onto free foot on counts 5-6)

FREE TURNS, ROCK STEP

1-6 Triple step in place on counts 1&2, ladies turn full turn right and gents turn full turn left on 3&4, rock step joining ladies' right hand in gents' left

¼ TURN TO REVERSE LINE OF DANCE, TRIPLE STEP, ROCK STEP

1-6 Ladies ¼ turn left and gents ¼ turn right on counts 1&2, triple step moving slightly back on counts 3&4, rock step maintaining hand hold

TRIPLE STEP FORWARD, ½ TURN TO FORWARD LINE OF DANCE, ROCK STEP

1-6 Partners triple step in place on counts 1&2, dropping hands, ladies turn ½ turn right and gents turn ½ turn left on counts 3&4, join hands--ladies' left in gents' right and rock step

LADIES' WRAP, ROCK STEP

1-6 Maintaining hand hold, gents lead ladies into wrap by using a sweeping motion with his right arm to the left and away from his body, ladies execute a full turn left on counts 1&2 and 3&4, gents footwork on 1&2 and 3&4 is basic triple step, triple step, both rock step on counts 5-6 picking up ladies' right hand in gents' left in front of gents' belt buckle (ladies will now be in a wrap (cuddle) position to gents' right)

SHUFFLE FORWARD TWICE, STOMP, STOMP

1-6 Ladies shuffle forward right, left, right on counts 1&2, shuffle forward left, right, left on counts 3&4, stomp right, left on counts 5-6; gents shuffle forward left, right, left then right, left, right, stomp left, right (still in wrap position)

LADIES ¾ TURN RIGHT (GENTS ¼ TURN RIGHT), ROCK STEP

1-6 Dropping hands joined in front of gent, gents will lead ladies into a $\frac{3}{4}$ turn right on counts 1&2 and 3&4 bringing his right hand over her head and down to face him; gents turn $\frac{1}{4}$ turn right on counts 1&2 during their triple step, triple step in place on counts 3&4, and both rock step on counts 5-6 and join hands to bring ladies back into closed position to start the dance again

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=36292