

STL No Limit

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Count: 96

Wall: 1

Level: Intermediate

Choreographer: Kris White (May 2014)

Music: Rock It by Master P and 5th Ward Weebie; 100 BPM

Begin at the heavy beat on “You got to ROCK...” - Start with weight on L

INTRO ONLY (not included in the 96 count sequence)

[1-16] ROCK THE BOAT X2 (it is done twice only at the beginning of the dance)

1&2&3&4 &5&6&7&8: Chug 360 L stepping RLRLRLRLRLRLRLR (L stays in place)

1&2&3&4 &5&6&7&8: Chug 360 R stepping LRLRLRLRLRLRL (R stays in place)

Styling: clap hands in brushing motion during chugs

MAIN DANCE

[1-32] HEEL SWITCHES AND HEEL JACKS, FOLLOWED BY STEP, TURNS

(When they sing the chorus, “Ooh, ooh, baby, come on you can wobble with it”)

1&2&3&4 &5&6&7&8: Heel-&-heel-&-cross-&-heel-&-heel-&-heel-&-cross-&-heel-& (wt L)

1-8: Step, turn $\frac{1}{4}$ L [9]; repeat [6], repeat [3], repeat [12] (wt L)

1-16: Repeat previous 16

[1-16] HEEL SWITCHES AND HEEL HOOK-HEEL, TOUCH-SWIVEL-SWIVEL-KICK, COASTER STEP ***

1&2&3&4: Touch R heel fwd, switch to L, touch L heel fwd, switch to R; touch R heel fwd, hook, fwd

5&6&7&8: Touch R to side, swivel heel out-in-kick R; step back R, step L home, step fwd R

1-8: Mirror previous 8 starting with L heel and ending wt on L

[1-32] CHA-CHAS

1&2, 3&4, 5&6&7&8: Triple fwd RLR, LRL; “Jamaica” turn $\frac{1}{4}$ L [9] stepping RLRLRLRL

1&2, 3&4, 5&6&7&8&: Triple fwd RLR, LRL; wobble turn ¼ L [6] stepping RLRLRLRL

1&2, 3&4, 5&6&7&8&: Triple fwd RLR, LRL; “Jamaica” turn ¼ L [3] stepping RLRLRLRL

1&2, 3&4: Triple fwd RLR, LRL

[change] 5&6&7&8&: Touch R to side, step back R, touch L to side, step back L, repeat (wt ends L)

[1-16] ROCK THE BOAT CHUG/CLAPS WITH L,R, TWISTS AND HEAD/HIP ROLL

You are still facing [3], but you’ll hear the “rock the boat” lyrics. Start the chug/claps to left, going around ONCE ending at [12]

1&2&3&4 &5&6&7&8: Rock the boat chug/claps turning 1-1/4 L; wt ends R. Listen for “left, right” etc.

1-2-3-4, 5&6&: Twist L, R, L, R; small steps forward LRLR (feet apart)

7&8&: Step onto L do hip roll or head roll (weight stays L)

SEQUENCE:

Do all 96 counts

Do all 96 counts

Do 48 counts through heel switches, hooks, and coasters

Do 16 count *TAG: Repeat previous 16 counts (heel switches, hooks, and coasters)**

Resume 48 counts of dance from cha-chas through rock the boat)

Do first 32 counts (heel switches and turns during chorus)

END: Touch R heel fwd, switch to L heel fwd, then “put your game face on”

I saw this dance at an event and liked it so much I compiled this step sheet for myself and others. I watched several demo and instructional videos, many of which contain regional variations, so this may not be exactly the way YOU do it, and I don’t mean to imply this is the ONLY way to do it and mistakes are mine, not the choreographer’s. In keeping with the soul line/step dance tradition, feel free to add your own styling.

Regardless of how you do it, you’ll have fun. Lisa McCammon, May 2014

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