

ROCK MY BOAT

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Count: — Wall: — Level: —

Choreographer: Kash Bane

Music: Rock The Boat by Aaliyah

Sequence: AA B AA BB AA B until end

PART A

FORWARD SHUFFLE, ROCK, RECOVER STEP WITH $\frac{1}{2}$ TURN, FORWARD SHUFFLE, $\frac{1}{2}$ PIVOT TURN

- 1&2** Step forward right, close left to right, step forward right
- 3&4** Rock forward on left, recover on right making a $\frac{1}{4}$ turn left, step forward on left making a further $\frac{1}{4}$ turn left
- 5&6** Step forward right, close left to right, step forward right
- 7&8** Step forward left, pivot a $\frac{1}{2}$ turn over right shoulder, step forward on left

$\frac{3}{4}$ TURN & CROSS, ROCK AND CROSS, FULL MONTEREY, FORWARD SHUFFLE

- 1&2** Do a $\frac{1}{2}$ turn stepping back on right, follow with a $\frac{1}{4}$ turn stepping left to left side, cross right over left
- 3&4** Rock left to left side, recover on right, cross left over right
- 5-6** Point right to right side, do a full turn over right shoulder by stepping right next to left
- 7&8** Step forward on left, close right at left, step forward on left

POINTS, RIGHT SAILOR STEP, STEP UNWIND, ROCK AND RECOVER

- 1&2** Point right toe to right side, return to center, point right to right side again
- 3&4** Step right behind left, step left to left side, step right to right side
- 5-6** Step left behind right, unwind a $\frac{3}{4}$ turn
- 7-8** Rock right to right side, recover onto left

ROCKING STEPS, ROCK, RECOVER, CROSS UNWIND

- 1&2** Rock back on right, recover on left, step forward on right
- 3&4** Rock back on left, recover onto right, step forward on left
- 5-6** Rock forward on right, recover onto left

7-8 Cross right over left, unwind $\frac{3}{4}$ left

PART B

HIP ROCKS AND SIDE SHUFFLES TWICE

1-2 Rock hips to right then left

3&4 Step right to right side, close left at right, step right to right side

5-6 Rock hips to left then right

7&8 Step left to left side, step right next to left, step left to left side

SLIDES AND BODYROLLS TWICE

1-2 Take a large step to the right, slide left to right

3-4 Body roll downwards

5-6 Take a large step to the left, slide right to left

7-8 Body roll downwards

1 $\frac{1}{4}$ VINE RIGHT, 1 $\frac{1}{2}$ TURN BACK

1-4 Do a $\frac{1}{4}$ turn right stepping forward on right, do a $\frac{1}{4}$ turn right stepping left to left side, do a $\frac{1}{2}$ turn right stepping right to right side and finish with a $\frac{1}{4}$ turn right stepping left to left side

5-8 Make a $\frac{1}{2}$ turn over left shoulder stepping left forward, do another $\frac{1}{2}$ turn stepping right back, do a third $\frac{1}{2}$ turn stepping forward on left and step right next to left

SNAKES AND HIP BUMPS TWICE

1-2 Snake right by lowering right shoulder and raising left hip then raising right shoulder and lowering left hip while moving right

3&4 Bump hips right, left, right

5-6 Snake left by lowering left shoulder and raising right hip then raising left shoulder and lowering right hip while moving left

7&8 Bump hips left, right, left