

Rock Yourself To Sleep

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Karl-Harry Winson (UK) Oct '07

Music: How Long by the Eagles, Album: Long Road Out Of Eden (143 bpm)

Intro: 24 Counts.

(1-8) Right Chasse, Back Rock, Left Kick Ball Cross x2

- 1&2** Step right foot to the right side, step left foot next to the right, step right foot to the right
- 3-4** Rock back on the left, Recover forward on the right.
- 5&6** Kick left Diagonally Left, Step left in place, Cross right foot over the left
- 7&8** Kick left Diagonally Left, Step left in place, Cross right foot over the left

(9-16) Left Chasse, Back Rock, Right Kick Ball Cross x2

- 1&2** Step left foot to the left side, step right beside left, step left foot to the left side.
- 3-4** Rock back on the right, recover forward on the left.
- 5&6** Kick right diagonally right, Step right in place, Cross left foot over right
- 7&8** Kick right diagonally right, Step right in place, Cross left foot over right

(17-24) Vine to the right (with dip and ¼ turn) scuff, Left Rocking Chair

- 1-2** Step right foot to right side, cross left foot behind right and slightly bend both knees (dip with the body)
- 3-4** Make ¼ right stepping forward on the right, scuff left foot beside the right
- 5-6** Rock forward on the left, recover back on the right
- 7-8** Rock back on the left, recover forward on the right

(25-32) Left Step ½ turn x2, Forward Rock coaster Cross

- 1-2** Step forward on the left, make a half turn over the right shoulder (9:00)
- 3-4** Step forward on the left, Make a half turn over the right shoulder (3:00)
- 5-6** Rock forward on the left, recover back on the right
- 7&8** Step back on the left, step right next to left, cross left over right.

Begin again.

Tag: 1 tag and the End of wall number 3.

- 1-4** Step Right Tap, Step Left Tap
- 1-2** Step right to the right side, Tap left Foot next to the right
- 3-4** Step left foot to the left side, Tap right foot next to the left

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=73835