

# Rock Therapy

LINEDANCE.COM

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

**Choreographer:** Bracken Ellis , & Linda Ellis, California, USA

**Music:** Let It Rock by Kevin Rudolf & Lil Wayne, CD: In the City (Bonus Track Version),

**[12:00] Clock positions in brackets indicate direction facing at end of movement**

## **WALK, WALK, SHUFFLE, FRONT & BACK & FRONT & BACK**

- 1,2**      Step R forward; Step L forward
- 3&4**      Step R forward; & Close L next to R; Step R forward
- 5&6&**      Place L slightly forward with weight on ball of L; & Return weight (in place) to R; Place L slightly back with weight on ball of L; & Return weight (in place) to R
- 7&8**      Place L slightly forward with weight on ball of L; & Return weight (in place) to R; Step L back

## **BACK, DRAG, & WALK, CROSS, 3/4 BOX**

- 1,2**      Big step R back; Drag L next to R
- &3,4 &**      Step ball of L next to R; Walk R forward; Step L across (in front of) R
- 5&**      Step R to R side; & Make 1/4 turn L bringing L to touch next to R
- 6&**      Step L to L side; & Make 1/4 turn L bringing R to touch next to L
- 7&**      Step R to R side; & Make 1/4 turn L bringing L to touch next to R
- 8**      Step L to L side [3:00]

## **CROSS, HOLD, & CROSS SIDE, SAILOR STEP, WEAVE 1/4 TURN**

- 1,2**      Step R across (in front of) L; Hold
- &3,4 &**      Step ball of L slightly to L side; Step R across (in front of) L; Step L to L side
- 5&6**      Step R behind L; & Step L to L side; Step R to R side (slightly forward)
- 7&8**      Step L behind R; & Make 1/4 turn R and step R forward; Step L forward [6:00]

## **ROCK RECOVER COASTER STEP, WALK, WALK, WALK, TOUCH**

- 1,2**      Rock R forward; Recover to L
- 3&4**      Step R back; & Step L next to R; Step R forward
- 5678**      In a large circle to the R, walk L, R, L, touch R making 3/4 turn [3:00]

**START OVER! Enjoy!**

**Bracken Ellis Potter, California, USA, Bracken@MoveInLine.com, www.MoveInLine.com**

**Linda Ellis, Lindancv@aol.com, California USA**

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=78000](https://www.linedance.com/index.php?f=dance_view&id=78000)