

# Rockin' Shoes

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** Easy Intermediate

**Choreographer:** Tony Wilson & Lana Wilson , (5-30-08)

**Music:** Rocks In Your Shoes by Emily West (122 bpm)

## **FWD, IN-OUT, CENTER, FWD ROCK, RECOVER, TOUCH BACK, 1/2 UNWIND**

- 1**      Touch R foot forward keeping weight on L
- 2-4**      Swivel R heel in, swivel R heel out, swivel R heel center taking weight on R
- 5-6**      Rock forward on L, recover back on R
- 7-8**      Touch L toe behind R, unwind 1/2 left weight ending on L

## **SIDE SHUFFLE, ROCK BACK, RECOVER, 1/4 TURN, 1/2 TURN, FWD SHUFFLE**

- 9&10**      Shuffle RLR to right side
- 11-12**      Rock back on L, recover forward on R
- 13**      Turn 1/4 right stepping L back
- 14**      Turn 1/2 right stepping R forward
- 15&16**      Shuffle forward LRL

## **ROCK-RECOVER-BACK, SWEEP/STEPS, BACK COASTER, HEEL GRIND 1/4 TURN**

- 17&18**      Rock forward on R, recover back on L, step back on R
- 19**      Sweep L around and step it down directly behind R
- 20**      Sweep R around and step it down directly behind L
- 21&22**      Step L back, step R beside L, step L forward
- 23**      Step R heel forward toes pointing left
- 24**      Grind R heel turning 1/4 right stepping back on L

## **BACK COASTER, FWD SHUFFLE, STEP FWD, HEEL & HEEL 1/4 TURN & CLOSE**

- 25&26**      Step back on R, step L beside R, step R forward
- 27&28**      Shuffle forward LRL
- 29**      Step R forward
- 30&**      Touch L heel forward, step L beside R
- 31&**      Turn 1/4 right touching R heel forward, step R beside L

**Begin Again**

**Restart: On 4th pattern, facing 3:00, dance counts 1-16 and restart dance from beginning.**

**Ending: Last full pattern is started at 12:00. Then dance counts 1-6 and add this:**

**7-8** Touch L toe behind R, unwind 3/4 left keeping weight back on R and L knee bent as music fades.....