

Jody's Rock

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Count: 48 **Wall:** 4 **Level:** Improver

Choreographer: Pablo K (Oct 2014)

Music: The Rock by Ms. Jody (120 bpm) [The Rock]

Intro: Start immediately after “Let's Do This” on instrumentals (difficult until dance becomes familiar)

Option: You can wait 48 counts and start dancing on the word “wait” (Now wait a minute baby....)

**** This music track is long - about 5:35. A good place to end the dance is somewhere between 3:10 and 3:20.**

(S1) ROCK-RECOVER, ROCK-RECOVER, ROCK-RECOVER, SAILOR SHUFFLE

- 1-2 Rock L forward, Recover R
- 3-4 Rock L back, Recover R
- 5-6 Rock L side, Recover R
- 7&8 Step L behind right, Step R to side, Step L slightly forward (sailor shuffle)

(S2) SIDE, TOGETHER, SIDE, CROSS, TURN, STEP, SHUFFLE

- 1-2 Touch R to side, Touch R next to left
- 3-4 Touch R to Side, Step R across left
- 5-6 Turning ¼ right Step L back, Step R forward (3:00)
- 7&8 Step L forward, Step R next to left, Step L forward (shuffle)

(S3) ROCK-RECOVER, SHUFFLE, ROCK-RECOVER, SHUFFLE

&1-2*Scuff R next to left, Rock R forward, Recover on L

- 3&4 Step R back, Step L next to right, Step R back (shuffle)

&5-6*Rock L back, Touch R heel forward, Recover on R

- 7&8 Step L forward, Step R next to left, Step L forward (shuffle) (3:00)

***Easier option: Do a simple rock-recover without the “&” count. Change these counts to (1-2) and (5-6)**

(S4) SWIVEL WALK, TAP TURN

***Forward swivel walk: (From East Coast Swing) Similar to “The Twist” with small steps moving forward.**

Swivel hips and feet only. Upper body remains facing straight ahead.

- 1-2 Stepping R forward; swivel heels left, Stepping L forward; swivel heels right
3-4 Stepping R forward; swivel heels left, Stepping L forward; swivel heels to center (wol) (3:00)

***Tap turn: With all weight on left; slightly raise then drop L heel to turn with a bounce.**

Add R toe taps to the side with each count.

Note: Not a paddle turn...make the turn and touch at the same time. Easy with a little practice!

- 5 Turn 1/8 left and Tap R toe to side
6 Turn 1/8 left and Tap R toe to side (12:00)
7 Turn 1/8 left and Tap R toe to side
8 Turn 1/8 left and Tap R toe to side (9:00)

(S5) STROLL, SCUFF, STROLL, SCUFF

- 1-3 Step R forward on diagonal, Lock L behind right, Step R forward (Stroll) (10:30 diagonal)
4 Scuff L next to right while turning to left diagonal
5-7 Step L forward on diagonal, Lock R behind left, Step L forward (Stroll) (7:30 diagonal)
8 Scuff R next to Left

(S6) CROSS, TOUCH, STEP, TOUCH, SHUFFLE, ROCK, RECOVER

- 1-2 Step R across left, Touch L toe behind right (Hold for step 2 if you prefer)
3-4 Step L back (returning to 9:00 position), Touch R toe across left (Hold for step 4 if you prefer) (9:00)
5&6 Step R back, Step L next to right, Step R back (shuffle)
7-8 Rock back on L, Recover on R (9:00)

REPEAT & HAVE FUN!!!

Contact: paul_n_shadow@msn.com