

My Rock

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Count: 32

Wall: 3

Level: Intermediate / Advanced

Choreographer: Donna Manning - Sept. 2015

Music: Shoulder by Amy Guess

***3 walls (until the last wall starts at 9:00 because of Tags and Restarts)**

Wall 1: After count 25 - add a 1 count sway back to the L leg facing 12:00 and then Restart

Wall 3: Starts facing 3:00 - you will use count 25 to restart the dance- so you will Restart facing 3:00 again

Sec. 1: Step $\frac{1}{2}$ turn, Run L R L, Rock, Recover, Back, Side, Step, Step, Step, $\frac{1}{2}$, Step, $\frac{1}{2}$, $\frac{1}{4}$, Sway

1, 2&3 Step R fwd & on the ball of R make $\frac{1}{2}$ turn R, quick steps fwd L R L, Rock R fwd

4&5 Recover to L, Step R back to back R diagonal, Step L to L side

5,6 Step R fwd dragging L thru center, step L fwd dragging R through center

7&8, 8&9 Step R fwd, $\frac{1}{2}$ turn L, Step R fwd, $\frac{1}{2}$ turn L, $\frac{1}{4}$ L small step with R to R side(quick sway to R), weight change to L (quick sway to L) (3:00)

Sec. 2: R Night Club Basic, Side, Rock, Recover, $\frac{1}{2}$, $\frac{1}{2}$, $\frac{1}{2}$, Sway, Sway, Side, Cross, Rock, Recover, Cross

1,2&3 Step R to R side, Step L next to R, cross R over L, step L to L side, rock back on R (angle to 4:30)

*****look over your L shoulder- that wall is your target to be facing on count 5*****

4&5 Recover to L(toe out), $\frac{1}{2}$ turn L step back on R, $\frac{1}{2}$ turn L step fwd on L, $\frac{1}{2}$ turn L step back on R (finish @ 10:30 , 12:00 wall - clue is to use where your L shoulder was facing when you did the R back rock)

6, 7&8 Sway fwd to L, sway back to R, step L to L side, cross R over L

8&9 Rock L to L side, recover to R, cross L over R (12:00)

Sec. 3: Point, 1 ¼ Turn (partial Monteray), Side, Coaster, Point, Point, ¾ Turn, Step, Heel Swivel

1,2,3 Point R to R side (L shoulder back, R shoulder fwd for torque), on the ball of L and over the R shoulder, turn 1 full turn to the R, step down on the R (2)continue on ball of R ¼ turn to R step L to L side bending L knee angle to 4:30 (3:00)

4&5Step R back, bring L back to R, step R fwd - bending R knee, point L across R

6,7 Point L out to L side (R shoulder back, L fwd), on the ball of the R and over the L shoulder turn ¾ to the L stepping out L fwd (6:00)

8&9Step R in front of the L, on the balls of both feet swivel both heels to the R, recover to L taking weight to L (6:00)

Sec. 4: ½ Turn, ¾ Turn, Sway Back, Recover, Lift, Flip, Step, Rock, Recover, Step, Coaster Partial

1,2,3½ Turn R stepping R fwd, on ball of R - ¾ turn over R shoulder step down on L, sway back on R

4&5Recover to L, lift R ankle high, ½ turn on ball of L flipping R behind you, step fwd on R

6,7 Rock fwd on L, recover to R

8&9Step L back, (begin a R back coaster) step R back, bring L to R

Enjoy the music and get lost in the dance.....

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

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