

Man on The Rocks

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Count: 64 **Wall:** 4 **Level:** Easy Intermediate

Choreographer: Audrey Watson (Scotland) March 2014

Music: Sailing by Mike Oldfield (iTunes)

Thank you to Lorraine Heron - Dance in Line Stranraer for suggesting the music.

Intro 8 Counts. No Tags or Restarts

Section One: Fwd Rock, Triple Full Turn (Can be replaced by a coaster step), Cross Side Behind $\frac{1}{4}$ Step.

- 1-2** Rock fwd on right, recover back on left.
- 3&4** Triple full turn right stepping right, left, right.
- 5-6** Cross left over right, step right to right side.
- 7&8** Cross left behind right, turn $\frac{1}{4}$ right stepping fwd on right, step fwd on left.

Section Two: Dip $\frac{1}{4}$ Turn, Kick Ball Cross, Side Tog, Chasse $\frac{1}{4}$ Turn

- 1-2** Bend both knees, turn $\frac{1}{4}$ right when straightening up.
- 3&4** Kick right foot fwd, step down on ball of right, cross left over right.
- 5-6** Step right to right side, close left next right.
- 7&8** Step right to right side, close left next right, turn $\frac{1}{4}$ right stepping fwd on right.

Section Three: Step Lock & Heel & Step, Step Pivot $\frac{1}{2}$ Turn, Walk Walk.

- 1-2** Step fwd on left, lock right behind left.
- &3&4** Step back on left, touch right heel fwd, step down on ball of right, step fwd on left.
- 5-6** Step fwd on right, pivot $\frac{1}{2}$ Turn left.
- 7-8** Walk fwd on right, walk fwd on left.

Section Four: Step Lock & Heel & Step, Fwd Rock, $\frac{1}{2}$ Turn Shuffle.

- 1-2** Step fwd on right, lock left behind left.
- &3&4** Step back on right, touch left heel fwd, step down on ball of left, step fwd on right.
- 5-6** Rock fwd on left, recover back on right.
- 7&8** Turning $\frac{1}{2}$ left shuffle fwd on left, right, left.

Section Five: Cross Rock, Chasse, Cross Rock, Sailor ¼ Turn.

- 1-2** Cross rock right over left, recover back on left.
- 3&4** Step right to right side, close left next right, step right to right side.
- 5-6** Cross rock left over right, recover back on right.
- 7&8** Turning ¼ left stepping left behind right, step right to right side, step left to left side.

Section Six: Walk Walk, Heel Ball Step, Cross Point, Cross Point.

- 1-2** Walk fwd on right, walk fwd on left.
- 3&4** Touch right heel to floor, step down on ball of right, step fwd on left.
- 5-6** Cross right over left, point left toe to left side.
- 7-8** Cross left over right, point right toe to right side.

Section Seven: Cross ¼ Turn Side Cross, Grapevine Touch.

- 1-2** Cross right over left, turn ¼ right stepping back on left.
- 3-4** Step right to right side, cross left over right
- 5-6** Step right to right side, cross left behind right.
- 7-8** Step right to right side, touch left next right.

Section Eight: Side Tog, Chasse ¼ Turn, Pivot ½ Turn, Pivot ¼ Turn.

- 1-2** Step left to left side, close right next left.
- 3&4** Step left to left side, close right next left, turning ¼ left stepping fwd on left.
- 5-6** Step fwd on right, pivot ½ turn left.
- 7-8** Step fwd on right pivot ¼ turn left.

Last Update - 10th March 2014