Rock With You



Count: 32 Wand: 4 Ebene: Easy Intermediate (EC Swing)

Choreograf/in: Michael Barr (USA)

Musik: Rock With You Now - The Bama Band : (CD: Takin' Off The Edge)



Intro:: 32 counts.

Alternative Music: Any East Coast Swing music you like will do just fine.

1 – 8 1 & 2 3 – 4 5 & 6 7 – 8	SHUFFLE RIGHT, ROCK STEP – SHUFFLE LEFT, ROCK STEP Step R foot side right; Step L foot beside right; Step R foot side right Step (rock) back on L foot; Return weight to R foot in place Step L foot side left; Step R foot beside left; Step L foot side left Step (rock) back on R foot; Return weight to L foot in place
9 – 16	SHUFFLE RIGHT 1/4 TURN LEFT, ROCK STEP – SHUFFLE 1/2 TURN RIGHT, ROCK STEP
1 & 2	Step R foot side right; Step L foot beside right; Turn ¼ left, stepping back on R foot
3 – 4	Step (rock) back on L foot; Return weight to R foot in place
5 & 6	Turn ¼ right stepping L foot side left; Step R foot beside left; Turn ¼ right stepping L foot back
7 – 8	Step (rock) back on R foot; Return weight to L foot in place
Note: On wall 5 there is a restart after you complete this set of 8 counts (see below).	
17–24	STEP, HOLD, STEP, STEP HOLD – ROCK, RETURN, COASTER STEP
1 – 2	(1) Step R foot forward; (2) Hold
&3-4	(&) Step L foot next to right instep; (3) Step R foot forward; (4) Hold
5 – 6	Step (rock) L foot forward; Return weight to R foot in place
7 – 8	Step L foot back; Step R foot (back) next to left; Step L foot forward
25–32	TOUCH, TOUCH, SAILOR STEP – SYNCOPATED VINE RIGHT
1 – 2	Touch R forward; Touch R side right
3 & 4	Step ball of R behind left; Step L next to right; Step R side right and slightly forward on the right diagonal
5&6&	Step L behind right; (&) Step R side right; Step (cross) L in front of right; (&) Step R side right

BEGIN AGAIN!

Restart: During wall 5, restart the dance after count 16. You will be facing the 3 o'clock wall. Reminder: Wall 5 starts facing the 12 o'clock wall but counts 1-16 bring you to the 3 o'clock wall.