

# Plymouth Rock

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Ross Brown (ENG) - January 2013

Musik: Anything Goes - Melanie C : (CD: Stages - Bonus Track)



**Intro: When Main Beat Kicks In (Approx. 36 Secs)**

## **SWINGING KICK, BACK. COASTER STEP.**

- 1 – 2 – 3 – 4     Raise right foot forward, lower right foot, step back with right, hold for Count 4.  
5 – 6 – 7 – 8     Step back with left, step right next to left, step forward with left, hold for Count 8. (12 O'CLOCK)

## **STEP, LOCK, STEP. STEP, PIVOT ¼ TURN R, CROSS.**

- 1 – 2 – 3 – 4     Step forward with right, lock left behind right, step forward with right, hold for Count 4.  
5 – 6 – 7 – 8     Step forward with left, pivot a ¼ turn right, cross step left over right, hold for Count 8. (3 O'CLOCK)

## **TURNING HITCHES FULL TURN L. SIDE ROCK, CROSS.**

- 1 – 2             Make a ¼ turn left stepping back with right, make a ¼ turn left hitching left knee up.  
3 – 4             Make a ¼ turn left stepping forward with left, make a ¼ turn left hitching right knee up.  
5 – 6 – 7 – 8     Rock right to the right, recover onto left, cross step right over left, hold for Count 8. (3 O'CLOCK)

## **TURNING HITCHES FULL TURN R. SIDE ROCK, CROSS.**

- 1 – 2             Make a ¼ turn right stepping back with left, make a ¼ turn right hitching right knee up.  
3 – 4             Make a ¼ turn right stepping forward with right, make a ¼ turn right hitching left knee up.  
5 – 6 – 7 – 8     Rock left to the left, recover onto right, cross step left over right, hold for Count 8. (3 O'CLOCK)

## **RUMBA BOX.**

- 1 – 2 – 3 – 4     Step right to the right, step left next to right, step forward with right, hold for Count 4.  
5 – 6 – 7 – 8     Step left to the left, step right next to left, step back with left, hold for Count 8. (3 O'CLOCK)

## **BACK, LOCK, BACK. COASTER STEP.**

- 1 – 2 – 3 – 4     Step back with right, lock left across right, step back with right, hold for Count 4.  
5 – 6 – 7 – 8     Step back with left, step right next to left, step forward with left, hold for Count 8. (3 O'CLOCK)

## **EXTENDED STEP LOCK, TOUCH BEHIND.**

- 1 – 2 – 3 – 4     Step forward with right, lock left behind right, step forward with right, lock left behind right.  
5 – 6 – 7 – 8     Step forward with right, lock left behind right, step forward with right, touch left behind right. (3 O'CLOCK)

## **BACK, SWEEP. X2. COASTER STEP.**

- 1 – 2 – 3 – 4     Step back with left, sweep right foot back, step back with right, sweep left foot back.  
5 – 6 – 7 – 8     Step back with left, step right next to left, step forward with left, hold for Count 8. (3 O'CLOCK)

**END OF DANCE!**

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