

Rocks In Your Shoes

Count: 32

Wall: 4

Level: Advanced Beginner

Choreographer: William Sevone (UK) - February 2015

Music: Rocks In Your Shoes - Emily West : (Single)



Choreographers note:- REMEMBER THE SHORT 4th WALL. Ideal for the experienced Beginner and above
Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.
Dance starts on the word BAD as in "So you had some BAD luck, life sucks"

S1: 2x Jump-Together-Hold. Side Touch. Out. Together. Side Strut (12:00)

- &1- 2 Jump forward onto right, step left to next to right. Hold
- &3- 4 Jump backward onto right, step left next to right. Hold
- 5 - 6 Touch right to right side. Touch right next to left
- 7 - 8 Step right toe to right side. Drop right heel.

S2: Diagonal Toe Strut. Cross Toe Strut. Backward Lockstep. Side. Fwd (12:00)

- 9 - 10 Step left toe diagonally forward right. Drop left heel.
- 11 - 12 Cross step right toe over left. Drop right heel.
- 13& 14 Step back onto left, lock right across front of left, step back onto left.
- 15 - 16 Step right to right side. Step forward onto left.

SHORT WALL - WALL 4 (facing 9.00) – ADD ¼ turn RIGHT to Count 15: Turn ¼ right & step right to right side

THEN RESTART DANCE from count 1 facing 12:00 (New Wall).

S3: 2x Diagonal Hip Bump Right. 2x Diagonal Hip Bump Left. 2x Side-Slide Touch (12:00)

- 17 - 18 turning to face 10.30 – Step right diagonally right & bump hips right. Bump hips right.
- 19 - 20 turning to face 2.30 – Step left diagonally left & bump hips left. Bump hips left.

With a slight fall and rise/body roll on counts 21-24 do the following :

- 21 - 22 Step right to right side. Slide & touch left next to right.
- 23 - 24 Step left to left side. Slide & touch right next to left.

S4: 3x Jump-Touch Together. Jump-Touch Behind. Half Circle Walk (3:00)

- &25 Jump right to right side, touch left next to right
- &26 Jump left to left side, touch right next to left
- &27 turning to face 10.30 - Jump right to right side, touch left next to right
- &28 turning to face 9.00 - Jump left slightly forward, touch right slightly backward of left.
- 29 - 32 Walk in half circle left (3): Right-Left-Right-Left.

Alternative: Count 28: 'Flick kick' right foot backward.

DANCE FINISH:

The dance will finish on count 32 of Wall 11 facing 9:00. After count 32 do the following:

- &33 Jump forward onto right, step left to next to right
- &34 Jump backward onto right, step left to next to right
- &35 Jump forward onto right, step left to next to right
- 36 Turn ¼ right & with arms out to sides – step right to right side.

Last Update – 10th Feb 2015