

# He's My Rock

Count: 64

Wall: 2

Level: Improver

Choreographer: Chrystal Six (USA) - February 2021

Music: He's My Rock, My Sword, My Shield - Randy Travis



## Toe, Heel, Stomps (1-8)

- 1,2 Point Right toe inward, point right heel inward
- 3,4 Stomp Right foot twice
- 5,6 Point Left toe inward, Point Left toe inward
- 7,8 Stomp Left foot twice

## Forward diagonals (9-16)

- 1,2 Step Right foot diagonal forward, touching Left foot beside it
- 3,4 Step Left foot diagonal forward, touching Right foot beside it
- 5,6 Step Right foot diagonal forward, touching Left foot beside it
- 7,8 Step Left foot diagonal forward, touching Right foot beside it

## Backwards diagonals (17-24)

- 1,2 Step Right foot diagonal backwards, touching Left foot beside it
- 3,4 Step Left foot diagonal backwards, touching Right foot beside it
- 5,6 Step Right foot diagonal backwards, touching Left foot beside it
- 7,8 Step Left foot diagonal backwards, touching Right foot beside it

## Right Weave (25-32)

- 1,2 Step Right foot to right side, step Left foot across and behind Right foot
- 3,4 Step Right foot to right side, step Left foot across and in front of Right foot
- 5,6 Step Right foot to right side, step Left foot across and behind Right foot
- 7,8 Step Right foot to right side, touch Left foot beside Right foot

## Left Weave (33-40)

- 1,2 Step Left foot to left side, step Right foot across and behind Left foot
- 3,4 Step Left foot to left side, step Right foot across and in front of Left foot
- 5,6 Step Left foot to left side, step Right foot across and behind Left foot
- 7,8 Step Left foot to left side, touch Right foot beside Left foot

## Scissors (41-48)

- 1,2 Step Left foot to left side, step Right foot next to left foot
- 3,4 Cross Left foot over Right foot, hold
- 5,6 Step Right foot to right side, step Left foot next to right foot,
- 7,8 Cross Right foot over Left foot, hold

## ¼ turn and ¼ Turning Jazz Box (49-56)

- 1,2 Step Left foot to left side, Step Right foot next to Left foot
- 3,4 Cross Left foot over Right foot turning ¼ turn over right shoulder, hold
- 5,6 Cross Right foot over Left foot, step Left foot back
- 7,8 Step Right foot to right side turning ¼ over right shoulder, step Left foot next to Right foot

## Left Lock Step, Right Lock Step (57-64)

- 1,2 Step Left foot diagonally forward, step Right foot behind Left foot
- 3,4 Step Left foot diagonally forward, Scuff
- 5,6 Step Right foot diagonally forward, step Left foot behind Right foot
- 7,8 Step Right foot diagonally forward, step Left foot next to Right foot

