

Rock Bottom

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Diana Oglesby (USA) - July 2023

Music: Rock Bottom - Hayley Jensen



Intro: 16 Counts, start with weight on L
Restart on wall 4 after 16 counts, with step change

S1 (1-8) ROCK R OVER, RECOVER, STEP R SIDE, HOLD, L TOGETHER, R SIDE, HOLD, L TOGETHER, R SIDE, HOLD

1-4& Rock R over (1), recover to L (2), step R side (3), hold (4), step L together (&)

5-6&7-8 Step R side (5), hold (6), step L together (&), step R side (7), hold (8)

S2 (9-16) ROCK L OVER, RECOVER, ROCK L SIDE, RECOVER, STEP L FORWARD, TURN ½ R and STEP R FWD, L FWD, R FWD

1-4 Rock L over (1), recover to R (2), rock L side (3), recover to R (4)

5-8 Step L forward (5), turn ½ R and step R forward (6), step L forward (7), step R forward (8) (6:00)

Restart here on wall 4, with step change

S3 (17-24) L-R-TOE-HEEL STRUTS, L ROCKING CHAIR

1-4 Touch L toe forward (1), lower L heel (2), touch R toe forward (3), lower R heel (4)

5-8 Rock L forward (5), recover to R (6), rock L back (7), recover to R (8)

S4 (25-32) ¼ L TURNING JAZZ BOX CROSS, L SIDE, HOLD, R TOGETHER, L SIDE, HOLD

1-4 Cross L over (1), turn ¼ L and step R back (2), step L side (3), cross R over (4)

5-6&7-8 Step L side (5), hold (6) step R together (&), step L side (7), hold (8) (3:00)

REPEAT

1 Restart on wall 4 after 16 counts. Step change – in S2, count 8, touch R together

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