

# Rock Me Slowly

Count: 32

Wall: 4

Level: Improver

Choreographer: Lesley Stewart (SCO) - March 2018

Music: Cryin' For Nothin' - Gary Allan : (CD: Smoke Rings In The Dark)



**Intro: 16 count intro start on vocals**

**Tags: There is 2 wee tags to this wee dance, they are very easy.**

## **ROCK FORWARD, RECOVER, ROCK BACK, RECOVER, ROCK FORWARD, RECOVER, ½ TURN SHUFFLE**

- 1-2 Rock forward on right, recover on left
- 3-4 Rock back on right (looking over your right shoulder), recover on left
- 5-6 Rock forward on right, recover on left
- 7&8 ½ turn right stepping forward on right, step left next to right, step forward on right

## **ROCK FORWARD, RECOVER, ROCK BACK, RECOVER, ROCK FORWARD, RECOVER, ½ TURN SHUFFLE**

- 1-2 Rock forward on left, recover on right
- 3-4 Rock back on left (looking over your left shoulder), recover on right
- 5-6 Rock forward on left, recover on right
- 7&8 ½ turn left stepping forward on left, step right next to left, step forward on left

## **ROCK FORWARD, RECOVER, RIGHT LOCK BACK, ROCK BACK, RECOVER, STEP ¼ TURN**

- 1-2 Rock forward on right, recover on left
- 3&4 Step back on right, lock step left over right, step back on right
- 5-6 Rock back on left, recover on right
- 7-8 Step forward on left, ¼ turn right

## **ROCK FORWARD, RECOVER, ½ TURN SHUFFLE X 2, COASTER STEP**

- 1-2 Rock forward on left, recover on right
- 3&4 ½ turn left stepping forward on left, step right next to left, step forward on left
- 5&6 ½ turn left stepping back on right, step left next to right, step back on right
- 7&8 Step back on left, step right next to left, step forward on left

**Tag 1, At the end of wall 1, 4 & 7 Sway L R, L, R,**

**Tag 2, At the end of wall 3, Step ½ turn left x2, Sway R, L, R, L**

**Start Again.....Happy Dancing.....**

**Last Update – 21st March 2018**