# Rock My Boat



Count: 0 Wall: 0 Level:

Choreographer: Kash Bane (UK)

Music: Rock The Boat - Aaliyah

Sequence: AA B AA BB AA B until end

#### PART A

FORWARD SHUFFLE, ROCK, RECOVER STEP WITH ½ TURN, FORWARD SHUFFLE, ½ PIVOT TURN

1&2 Step forward right, close left to right, step forward right

3&4 Rock forward on left, recover on right making a ¼ turn left, step forward on left making a

further 1/4 turn left

5&6 Step forward right, close left to right, step forward right

7&8 Step forward left, pivot a ½ turn over right shoulder, step forward on left

## 3/4 TURN & CROSS, ROCK AND CROSS, FULL MONTEREY, FORWARD SHUFFLE

Do a ½ turn stepping back on right, follow with a ¼ turn stepping left to left side, cross right

over left

Rock left to left side, recover on right, cross left over right

5-6 Point right to right side, do a full turn over right shoulder by stepping right next to left

7&8 Step forward on left, close right at left, step forward on left

## POINTS, RIGHT SAILOR STEP, STEP UNWIND, ROCK AND RECOVER

1&2 Point right toe to right side, return to center, point right to right side again

3&4 Step right behind left, step left to left side, step right to right side

5-6 Step left behind right, unwind a ¾ turn7-8 Rock right to right side, recover onto left

## ROCKING STEPS, ROCK, RECOVER, CROSS UNWIND

Rock back on right, recover on left, step forward on right Rock back on left, recover onto right, step forward on left

Rock forward on right, recover onto left
Cross right over left, unwind ¾ left

## **PART B**

## HIP ROCKS AND SIDE SHUFFLES TWICE

1-2 Rock hips to right then left

3&4 Step right to right side, close left at right, step right to right side

5-6 Rock hips to left then right

7&8 Step left to left side, step right next to left, step left to left side

#### SLIDES AND BODYROLLS TWICE

1-2 Take a large step to the right, slide left to right

3-4 Body roll downwards

5-6 Take a large step to the left, slide right to left

7-8 Body roll downwards

## 1 1/4 VINE RIGHT, 1 1/2 TURN BACK

1-4 Do a ¼ turn right stepping forward on right, do a ¼ turn right stepping left to left side, do a ½

turn right stepping right to right side and finish with a ¼ turn right stepping left to left side

5-8 Make a ½ turn over left shoulder stepping left forward, do another ½ turn stepping right back,

do a third ½ turn stepping forward on left and step right next to left

# **SNAKES AND HIP BUMPS TWICE**

1-2	Snake right by lowering right shoulder and raising left hip then raising right shoulder and lowering left hip while moving right
3&4	Bump hips right, left, right
5-6	Snake left by lowering left shoulder and raising right hip then raising left shoulder and lowering right hip while moving left
7&8	Bump hips left, right, left