

# Rocks In Your Shoes

**COPPER** KNOB  
BY STEPHEN

拍数: 32                      墙数: 4                      级数: Advanced Beginner  
编舞者: William Sevone (UK) - February 2015  
音乐: 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**