

# Dock Rock

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: HOPIN Gwendoline (FR) & Laurent Chalon (BEL) - April 2020  
音乐: Dock Rock - The Washboard Union



Intro : 16 Counts

## Section 1 : SIDE ROCK RF, SWITCH, SIDE ROCK LF, HEEL RF, SWITCH, HEEL LF, WALK FORWARD RF & LF

1-2&      Side Rock RF to the Right, Recover on LF, RF Next to LF 12:00  
3-4&      Side Rock LF to the Left, recover on RF, LF Next to RF  
5&6&      Heel RF Forward, RF next to LF, Heel LF Forward, LF next to RF  
7-8      Step RF Forward, Step LF Forward

## Section 2 : ROCK STEP FORWARD RF, STEP LOCK STEP BACK RF, COASTER STEP LF, RF STEP PIVOT ½ TURN L

1-2      Rock Forward RF, Recover on LF  
3&4      Step Lock Step RF Back  
5&6      Coaster Step LF  
7-8      Step RF Forward, Pivot ½ turn to the Left 06:00

\* Restart here wall 5

## Section 3 : CROSS ROCK RF, PIVOT ¼ TURN R & ½ TURN R, STEP LOCK STEP BACK RF, BACK ROCK STEP LF

1-2      Cross Rock RF over LF  
3-4      ¼ turn to the Right Step RF Forward, ½ turn to the right Step LF Back 09:00  
5&6      Step Lock Step RF Back 03:00  
7-8      Rock Step LF Back, Recover on RF

## Section 4 : WALK FORWARD LF & RF, STEP LOCK STEP FORWARD LF, RF STEP PIVOT ½ TURN L, RF TRIPLE STEP ½ TURN L

1-2      Step LF Forward, Step RF Forward  
3&4      Step Lock Step Forward LF  
5-6      Step RF Forward, Pivot ½ turn to the Left 09:00  
7&8      ½ turn to the left, RF triple step back 03:00

## Section 5 : WALK BACK LF & RF, COASTER CROSS LF, SIDE STEP RF, SIDE STEP ¼ TURN L, TRIPLE CROSS RF

1-2      Step LF Back, Step RF Back  
3&4      Coaster cross LF  
5-6      Side Step RF to the right, ¼ turn to the Left Side Step LF to the Left 12:00  
7&8      Cross RF over LF, Side Step LF to the Left, Cross RF over LF

## Section 6 : SIDE ROCK LF, BEHIND SIDE CROSS, WEAVER

1-2      Side Rock LF to the Left, Recover on RF  
3&4      LF behind RF, Side Step RF to the Right, Cross LF over RF  
5-6      Side Step RF to the Right, LF Behind RF  
7-8      Side Step RF to the Right, Cross LF over RF

Restart here walls 2 & 3

## Section 7 : SIDE STEP RF, TOUCH LF, KICK BALL CROSS LF, SIDE ROCK LF, SAILOR STEP LF ¼ TURN L

1-2      Side Step RF to the Right, Touch LF next to RF

3&4 Kick Ball cross LF  
5-6 Side Rock LF to the Left, Recover on RF  
7&8 Sailor Step LF with ¼ turn to the Left 09:00

**Section 8 : STEP RF, HEEL BOUNCE ¼ TURN L, HEEL FORWARD RF, SWITCH, HEEL FORWARD LF, BIG STEP FORWARD RF, STOMP LF**

1-2-3-4 Step RF Forward, Heel Bounce (x3) with ¼ turn to the Left 06:00  
5&6& Heel RF Forward, RF next to LF, Heel LF Forward, LF next to RF  
7-8 Big Step RF Forward, Stomp LF next to RF

**Bonne danse...**

**country@webchalon.be - <http://countrylinedance.webchalon.be>**

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