

# Man on The Rocks

拍数: 64      墙数: 4      级数: Easy Intermediate  
编舞者: Audrey Watson (SCO) - March 2014  
音乐: Sailing - Mike Oldfield : (iTunes)



Thank you to Lorraine Heron – Dance in Line Stranraer for suggesting the music.

## Intro 8 Counts. No Tags or Restarts

### Section One: Fwd Rock, Triple Full Turn (Can be replaced by a coaster step), Cross Side Behind ¼ Step.

1-2            Rock fwd on right, recover back on left.  
3&4           Triple full turn right stepping right, left, right.  
5-6           Cross left over right, step right to right side.  
7&8           Cross left behind right, turn ¼ right stepping fwd on right, step fwd on left.

### Section Two: Dip ¼ Turn, Kick Ball Cross, Side Tog, Chasse ¼ Turn

1-2            Bend both knees, turn ¼ right when straightening up.  
3&4           Kick right foot fwd, step down on ball of right, cross left over right.  
5-6           Step right to right side, close left next right.  
7&8           Step right to right side, close left next right, turn ¼ right stepping fwd on right.

### Section Three: Step Lock & Heel & Step, Step Pivot ½ Turn, Walk Walk.

1-2            Step fwd on left, lock right behind left.  
&3&4          Step back on left, touch right heel fwd, step down on ball of right, step fwd on left.  
5-6           Step fwd on right, pivot ½ Turn left.  
7-8           Walk fwd on right, walk fwd on left.

### Section Four: Step Lock & Heel & Step, Fwd Rock, ½ Turn Shuffle.

1-2            Step fwd on right, lock left behind left.  
&3&4          Step back on right, touch left heel fwd, step down on ball of left, step fwd on right.  
5-6           Rock fwd on left, recover back on right.  
7&8           Turning ½ left shuffle fwd on left, right, left.

### Section Five: Cross Rock, Chasse, Cross Rock, Sailor ¼ Turn.

1-2            Cross rock right over left, recover back on left.  
3&4           Step right to right side, close left next right, step right to right side.  
5-6           Cross rock left over right, recover back on right.  
7&8           Turning ¼ left stepping left behind right, step right to right side, step left to left side.

### Section Six: Walk Walk, Heel Ball Step, Cross Point, Cross Point.

1-2            Walk fwd on right, walk fwd on left.  
3&4           Touch right heel to floor, step down on ball of right, step fwd on left.  
5-6           Cross right over left, point left toe to left side.  
7-8           Cross left over right, point right toe to right side.

### Section Seven: Cross ¼ Turn Side Cross, Grapevine Touch.

1-2            Cross right over left, turn ¼ right stepping back on left.  
3-4           Step right to right side, cross left over right  
5-6           Step right to right side, cross left behind right.  
7-8           Step right to right side, touch left next right.

### Section Eight: Side Tog, Chasse ¼ Turn, Pivot ½ Turn, Pivot ¼ Turn.

1-2            Step left to left side, close right next left.

3&4 Step left to left side, close right next left, turning  $\frac{1}{4}$  left stepping fwd on left.  
5-6 Step fwd on right, pivot  $\frac{1}{2}$  turn left.  
7-8 Step fwd on right pivot  $\frac{1}{4}$  turn left.

**Last Update - 10th March 2014**

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