

# Rocking My Blues to Sleep

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Beginner / Improver  
編舞者: Pia Rossen (DK) - August 2023  
音樂: Rockin' My Blues to Sleep - Johnny Nicholas



Intro: 16 count, weight on L foot.

There is a 4 count TAG after wall 4 and wall 8 see below. \*

## ( 1-8) VINE R, SCUFF, L CROSS ROCK x2

1-2            step R to R side (2), cross L behind R (2)  
3-4            step R to R side (3), scuff L fwd (4)  
5-6            cross L over R (5), recover onto R (6)  
7-8            cross L over R (7), recover onto R (8)

## (9-16) ROLLING VINE L, SCUFF R, ROCKING CHAIR ( diagonal)

1-2            turn 1/4 L stepping L fwd (1), turn 1/2 L stepping R back (2)  
3-4            turn 3/8 L ( 10.30) stepping L to L side (3), scuff R fwd (4)

( easy option: vine L )

5-6            step R fwd (5) recover onto L ( diagonal) (6)  
7-8            step R back (7), recover onto L (diagonal) (8)

## (17-24) R HEEL GRIND TURNING 1/8 R, STEP L TO L SIDE, SAILORSTEP, WEAVE

1-2            step fwd on R heel (1) grind 1/8 R back to 12.00 , stepping L to L side (  
3&4            cross R behind L (3), step L fwd and out (&), step R fwd and out (4)  
5-6            cross L over R (5), step R to R side (6)  
7-8            cross L behind R (7), step R to R side (8)

## (25-32) CROSS L OVER R, TURN 1/2 R BOUNCHING BOTH HEELS x3, BACK ROCK, HEEL BALL CROSS

1&2&3&4        cross L over R weight on both feet (1), lift heels up (&), lower heels to the floor (2), lift heels (&), lower heels (3), lift heels up (&), lower heels to the floor (4) while turning 1/2 R  
5-6            step back on R (5), recover onto L (6)  
7&8            dig R heel fwd (7), step R next to L (&), cross L slightly over R (8)

Start again

\* TAG: after wall 4 and wall 8

## (1-4) STEP TURN 1/2 L x 2 (easy option: v step )

1-2            step R fwd (1), turn 1/2 L (2)  
3-4            step R fwd (3) turn 1/2 L (4)

ENDING: wall 15 is the last wall (12-00) Dance 25 count.

contact: [piahrossen@jubiimail.dk](mailto:piahrossen@jubiimail.dk)

Last Update: 22 Aug 2024