

# Rock Me

拍數: 32                      牆數: 4                      級數: Beginner  
編舞者: Donna Manning (USA) & LeAnne Lesmeister (USA) - March 2013  
音樂: Wagon Wheel - Darius Rucker : (The Old Crow Medicine Show or Nathan Carter's version will work)



---

## [1-8] Left Rocking Chair, Step L Forward, R Together, Step L Forward, Pause

1-2                      Left Rock Forward, Recover on Right  
3-4                      Left Rock Back, Recover on Right  
5-6                      Left Forward Step, Right Step Together  
7-8                      Left Forward Step, Pause

## [9-16] Right Forward Rock, Right Side Rock, Behind, Side, Cross, Sweep

1-2                      Right Rock Forward, Recover on Left,  
3-4                      Right Side Rock, Recover on Left  
5-6                      Right Step Behind Left, Left Step to Side  
7-8                      Right Step Across Left, Left Sweep back to front

## [17-24] 8 Count Toe/Heel Strut Left Jazz Box with a ¼ Turn L

1-2                      Touch Left Toes Across Right, Drop Left Heel  
3-4                      Touch Right Toes Back, Drop Right Heel  
5-6                      ¼ Turn L Touch Left Toes Side, Drop Left Heel  
7-8                      Touch Right Toes Across Left, Drop Right Heel

## [25-32] Left Grapevine with Scuff, Right Grapevine with Scuff

1-2                      Left Step to Side, Step Right Behind Left  
3-4                      Left Step to Side, Scuff Right Forward  
5-6                      Right Step to Side, Step Left Behind Right  
7-8                      Right Step to Side, Scuff Left Forward

**NOTES: All steps are full count – no syncopation.**

**HAVE FUN!**

**Please do not alter this step sheet in any way.**

**If you would like to use on your website please make sure it is in its original format and include all contact details on this script.**

**Video rights assigned to choreographer. [dancindonna928@yahoo.com](mailto:dancindonna928@yahoo.com)  
All rights reserved.**

**Contact: [www.dancinfree.com](http://www.dancinfree.com)**

---