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| --- | --- |
| AB Rocker |  |

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| . |
| **Count:** | 32 | **Wall:** | 1 | **Level:** | Absolute Beginner | . |
| **Choreographer:** | Val Myers (UK) & Deana Randle (UK) - April 2011 |
| **Music:** | Wine, Women and Song - Patty Loveless |
| . |

**Alt. Tracks.**

**Don’t Tell Me What To Do by Pam Tillis (132 bpm);**

**Rocking All Over the World by Status Quo (131 bpm)**

**Intro: 16 counts. Start on vocals.**

**ROCKING CHAIR, WALK X3, KICK**

|  |  |
| --- | --- |
| 1,2 | Rock forward on Right foot, recover onto Left foot |

|  |  |
| --- | --- |
| 3,4 | Rock back on Right foot, recover onto Left foot |

|  |  |
| --- | --- |
| 5 – 8 | Walk forward Right, Left, Right, kick Left foot forward |

**WALK BACK X3, HITCH, TOE STRUTS BACK X2**

|  |  |
| --- | --- |
| 1 – 4 | Walk back Left, Right, Left, hitch Right knee |

|  |  |
| --- | --- |
| 5,6 | Touch Right toe back, drop Right heel to floor |

|  |  |
| --- | --- |
| 7,8 | Touch Left toe back, drop Left heel to floor |

**RUMBA BOX**

|  |  |
| --- | --- |
| 1 – 4 | Step Right foot to Right side, step Left foot beside Right foot, step Right foot forward, touch Left toe beside Right foot |

|  |  |
| --- | --- |
| 5 – 8 | Step Left foot to Left side, step Right foot beside Left foot, step Left foot back, touch Right toe beside Left foot |

**KNEE POPS, TOE STRUTS FORWARD X2**

|  |  |
| --- | --- |
| 1 | Drop Right heel to floor lifting Left heel and pushing Left knee forward |

|  |  |
| --- | --- |
| 2 | Drop Left heel to floor lifting Right heel and pushing Right knee forward |

|  |  |
| --- | --- |
| 3 | Drop Right heel to floor lifting Left heel and pushing Left knee forward |

|  |  |
| --- | --- |
| 4 | Drop Left heel to floor lifting Right heel and pushing Right knee forward |

|  |  |
| --- | --- |
| 5,6 | Touch Right toe forward, drop Right heel to floor |

|  |  |
| --- | --- |
| 7,8 | Touch Left toe forward, drop Left heel to floor |