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| Man on The Rocks |  |

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| . |
| **Count:** | 64 | **Wall:** | 4 | **Level:** | Easy Intermediate | . |
| **Choreographer:** | Audrey Watson (SCO) - March 2014 |
| **Music:** | 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.**

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| 1-2 | Rock fwd on right, recover back on left. |

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| 3&4 | Triple full turn right stepping right, left, right. |

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| 5-6 | Cross left over right, step right to right side. |

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| 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**

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| 1-2 | Bend both knees, turn ¼ right when straightening up. |

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| 3&4 | Kick right foot fwd, step down on ball of right, cross left over right. |

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| 5-6 | Step right to right side, close left next right. |

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| 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.**

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| 1-2 | Step fwd on left, lock right behind left. |

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| &3&4 | Step back on left, touch right heel fwd, step down on ball of right, step fwd on left. |

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| 5-6 | Step fwd on right, pivot ½ Turn left. |

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| 7-8 | Walk fwd on right, walk fwd on left. |

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

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| 1-2 | Step fwd on right, lock left behind left. |

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| &3&4 | Step back on right, touch left heel fwd, step down on ball of left, step fwd on right. |

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| 5-6 | Rock fwd on left, recover back on right. |

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| 7&8 | Turning ½ left shuffle fwd on left, right, left. |

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

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| 1-2 | Cross rock right over left, recover back on left. |

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| 3&4 | Step right to right side, close left next right, step right to right side. |

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| --- | --- |
| 5-6 | Cross rock left over right, recover back on right. |

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| 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.**

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| 1-2 | Walk fwd on right, walk fwd on left. |

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| 3&4 | Touch right heel to floor, step down on ball of right, step fwd on left. |

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| 5-6 | Cross right over left, point left toe to left side. |

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| 7-8 | Cross left over right, point right toe to right side. |

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

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| 1-2 | Cross right over left, turn ¼ right stepping back on left. |

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| 3-4 | Step right to right side, cross left over right |

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| 5-6 | Step right to right side, cross left behind right. |

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| 7-8 | Step right to right side, touch left next right. |

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

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

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| 3&4 | Step left to left side, close right next left, turning ¼ left stepping fwd on left. |

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| 5-6 | Step fwd on right, pivot ½ turn left. |

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| 7-8 | Step fwd on right pivot ¼ turn left. |

**Last Update - 10th March 2014**