Man on The Rocks

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.

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 ¼ left stepping fwd on left.
5-6	Step fwd on right, pivot ½ turn left.
7-8	Step fwd on right pivot ¼ turn left.

Last Update - 10th March 2014
