

# Rocks In Your Shoes

Count: 32

Wand: 4

Ebene: Advanced Beginner

Choreograf/in: William Sevone (UK) - February 2015

Musik: Rocks In Your Shoes - Emily West : (Single)



**Choreographers note:- REMEMBER THE SHORT 4th WALL.** Ideal for the experienced Beginner and above  
Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.  
Dance starts on the word BAD as in "So you had some BAD luck, life sucks"

## **S1: 2x Jump-Together-Hold. Side Touch. Out. Together. Side Strut (12:00)**

- &1- 2            Jump forward onto right, step left to next to right. Hold
- &3- 4            Jump backward onto right, step left next to right. Hold
- 5 - 6            Touch right to right side. Touch right next to left
- 7 - 8            Step right toe to right side. Drop right heel.

## **S2: Diagonal Toe Strut. Cross Toe Strut. Backward Lockstep. Side. Fwd (12:00)**

- 9 - 10           Step left toe diagonally forward right. Drop left heel.
- 11 - 12          Cross step right toe over left. Drop right heel.
- 13& 14          Step back onto left, lock right across front of left, step back onto left.
- 15 - 16          Step right to right side. Step forward onto left.

**SHORT WALL - WALL 4 (facing 9.00) – ADD ¼ turn RIGHT to Count 15: Turn ¼ right & step right to right side**

**THEN RESTART DANCE from count 1 facing 12:00 (New Wall).**

## **S3: 2x Diagonal Hip Bump Right. 2x Diagonal Hip Bump Left. 2x Side-Slide Touch (12:00)**

- 17 - 18           turning to face 10.30 – Step right diagonally right & bump hips right. Bump hips right.
- 19 - 20           turning to face 2.30 – Step left diagonally left & bump hips left. Bump hips left.

**With a slight fall and rise/body roll on counts 21-24 do the following :**

- 21 - 22           Step right to right side. Slide & touch left next to right.
- 23 - 24           Step left to left side. Slide & touch right next to left.

## **S4: 3x Jump-Touch Together. Jump-Touch Behind. Half Circle Walk (3:00)**

- &25            Jump right to right side, touch left next to right
- &26            Jump left to left side, touch right next to left
- &27            turning to face 10.30 - Jump right to right side, touch left next to right
- &28            turning to face 9.00 - Jump left slightly forward, touch right slightly backward of left.
- 29 - 32          Walk in half circle left (3): Right-Left-Right-Left.

**Alternative: Count 28: 'Flick kick' right foot backward.**

## **DANCE FINISH:**

**The dance will finish on count 32 of Wall 11 facing 9:00. After count 32 do the following:**

- &33            Jump forward onto right, step left to next to right
- &34            Jump backward onto right, step left to next to right
- &35            Jump forward onto right, step left to next to right
- 36            Turn ¼ right & with arms out to sides – step right to right side.

**Last Update – 10th Feb 2015**