## Rocking With You (Chair Dance)

Count: 32
Wand: 0
Ebene: Beginner Chair Dance
Choreograf/in: Gail A. Dawson (USA) - August 2021
Musik: Rock With You - Michael Jackson

Intro-32 Counts, begin with lyrics, No Tags, No Restarts
TWIST, TWIST, TWIST, TWIST, DOWN, RECOVER, DOWN, RECOVER
1,2,3,4 Twist reaching arm across body $L, R, L, R$
5, $6 \quad R$ step out to $R$ reaching $R$ hand diagonally down to $L$, recover to starting position
$7,8 \quad L$ step out to $L$ reaching $L$ hand diagonally down to $R$, recover to starting position

TWIST, TWIST, TWIST, TWIST, DOWN, RECOVER, DOWN, RECOVER
1,2,3,4 Twist reaching arm across body $L, R, L, R$
$5,6 \quad R$ step out to $R$ reaching $R$ hand diagonally down to $L$, recover to starting position
7,8 $L$ step out to $L$ reaching $L$ hand diagonally down to $R$, recover to starting position

HEEL, STEP, STEP, HOLD, HEEL, STEP, STEP, HOLD
1,2 2 heel touch forward as $L$ hand reaches forward, $L$ step in place as $L$ hand recovers
3, $4 \quad R$ step beside $L$, hold
$5,6 \quad L$ heel touch forward, $R$ step in place
7, $8 \quad$ L step beside R, hold

KNEE LIFT, KNEE LIFT, KNEE LIFT, KNEE LIFT
1,2 $\quad R$ knee lift as both arms with elbows bent at 90 degree angle move in an arc from straight up to forward position, $R$ step beside $L$ as arms return
3,4 L knee lift as both arms with elbows bent at 90 degree angle move in an arc from straight up to forward position, $L$ step beside $R$ as arms return
$5,6 \quad R$ knee lift as both arms with elbows bent at 90 degree angle move in an arc from straight up to forward position, $R$ step beside $L$ as arms return
$7,8 \quad L$ knee lift as both arms with elbows bent at 90 degree angle move in an arc from straight up to forward position, $L$ step beside $R$ as arms return

## Based on Rocking With You by Liz Atkinson

