

# Rock My Boat

Count: 0

Wand: 0

Ebene:

Choreograf/in: Kash Bane (UK)

Musik: Rock The Boat - Aaliyah



Sequence: AA B AA BB AA B until end

## PART A

### FORWARD SHUFFLE, ROCK, RECOVER STEP WITH ½ TURN, FORWARD SHUFFLE, ½ PIVOT TURN

- 1&2 Step forward right, close left to right, step forward right  
3&4 Rock forward on left, recover on right making a ¼ turn left, step forward on left making a further ¼ turn left  
5&6 Step forward right, close left to right, step forward right  
7&8 Step forward left, pivot a ½ turn over right shoulder, step forward on left

### ¾ TURN & CROSS, ROCK AND CROSS, FULL MONTEREY, FORWARD SHUFFLE

- 1&2 Do a ½ turn stepping back on right, follow with a ¼ turn stepping left to left side, cross right over left  
3&4 Rock left to left side, recover on right, cross left over right  
5-6 Point right to right side, do a full turn over right shoulder by stepping right next to left  
7&8 Step forward on left, close right at left, step forward on left

### POINTS, RIGHT SAILOR STEP, STEP UNWIND, ROCK AND RECOVER

- 1&2 Point right toe to right side, return to center, point right to right side again  
3&4 Step right behind left, step left to left side, step right to right side  
5-6 Step left behind right, unwind a ¾ turn  
7-8 Rock right to right side, recover onto left

### ROCKING STEPS, ROCK, RECOVER, CROSS UNWIND

- 1&2 Rock back on right, recover on left, step forward on right  
3&4 Rock back on left, recover onto right, step forward on left  
5-6 Rock forward on right, recover onto left  
7-8 Cross right over left, unwind ¾ left

## PART B

### HIP ROCKS AND SIDE SHUFFLES TWICE

- 1-2 Rock hips to right then left  
3&4 Step right to right side, close left at right, step right to right side  
5-6 Rock hips to left then right  
7&8 Step left to left side, step right next to left, step left to left side

### SLIDES AND BODYROLLS TWICE

- 1-2 Take a large step to the right, slide left to right  
3-4 Body roll downwards  
5-6 Take a large step to the left, slide right to left  
7-8 Body roll downwards

### 1 ¼ VINE RIGHT, 1 ½ TURN BACK

- 1-4 Do a ¼ turn right stepping forward on right, do a ¼ turn right stepping left to left side, do a ½ turn right stepping right to right side and finish with a ¼ turn right stepping left to left side  
5-8 Make a ½ turn over left shoulder stepping left forward, do another ½ turn stepping right back, do a third ½ turn stepping forward on left and step right next to left

## **SNAKES AND HIP BUMPS TWICE**

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|-----|--|
| 1-2 | Snake right by lowering right shoulder and raising left hip then raising right shoulder and lowering left hip while moving right |
| 3&4 | Bump hips right, left, right   |
| 5-6 | Snake left by lowering left shoulder and raising right hip then raising left shoulder and lowering right hip while moving left   |
| 7&8 | Bump hips left, right, left  |
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