Rockin' & Reeling

Count: 48	Wand: 4	Ebene: Beginner

Choreograf/in: Hazel Pace (UK)

Musik: It's a Real Good Feeling - Peter Kent

2 ROCK FORWARD, RECOVER, SIDE SHUFFLE LEFT, ROCK BACK RECOVER, ROCK FORWARD RECOVER

1-2	Rock forward on left, recover on right
3&4	Step left to left side, right beside left, left to left side (moving slightly back to left diagonal)
5-6	Rock back on right, recover on left
7-8	Rock forward on right, recover on left

FULL TURN RIGHT, BACK, CROSS, BACK, SIDE, CROSSING SHUFFLE

1-2	(Moving back), ½ turn right stepping forward on right, ½ turn right stepping back on left
3-4	Step back on right, cross left over right
5-6	Step back on right, step left to left side
7&8	Cross right over left, step left to left side, cross right over left

Alternative:

1-2	Walk back right, left

SIDE ROCK RECOVER, CROSSING SHUFFLE, SIDE ROCK RECOVER, CROSSING SHUFFLE

These 8 counts are moving forward

1-2	Rock left to left side, recover on right
3&4	Cross left over right, right to right side, cross left over right (to right diagonal)
5-6	Rock right to right side, recover on left
7&8	Cross right over left, left to left side, cross right over left (to left diagonal)

¼ TURN RIGHT, SIDE ROCK RECOVER, SIDE CROSS, ¼ TURN RIGHT, KICK

1-2	Make ¼ turn right stepping back on left, step right to right side (3:00)
3-4	Cross rock left over right, recover on right
5-6	Step left to left side, cross right over left
7-8	¼ turn right stepping back on left, kick right foot forward (6:00)

ROCK BACK, RECOVER, FULL SPIRAL TURN LEFT, HOOK, STEP LOCK, STEP LOCK, STEP

1-2	Rock back on right, recover on left
3-4	Step forward on right, pivot a full turn left hooking left across right as you finish the turn (moving towards 6:00)
5-6	Step forward on left, lock right behind left
7&8	Step forward on left, lock right behind left, step forward on left

STEP ¼ TURN LEFT, STEP ½ TURN LEFT, ROCK, RECOVER, SIDE SHUFFLE

1-2	Step forward on right, ¼ pivot turn left
3-4	Step forward on right, ½ pivot turn left
5-6	Rock forward on right, recover on left
7&8	Step right to right side, step left beside right, step right to right side

REPEAT