Count: 48
Wall: 2
Level: Low Intermediate
Choreographer: Elaine Cook (CAN) \& I.C.E. (ES) - February 2022
Music: Shoulders - Johnny Reid : (Album: Revival)


Intro: 8 counts (approx. 7 secs - start just before main vocals)
**Special thanks for the ongoing mentorship of Rob Fowler and the support of the ICE Pixies
S1: R Rock Recover \& L Rock Recover, Step L $1 / 4$ L, Walk R, L, R, L Mambo $1 / 2$ L
12\&,34\& Cross rock R over L, recover L, step R side, cross rock L over R, recover R, step L 1/4 L 9:00
$5,6,7 \quad$ Walk forward $R, L, R$ (can do cross walks for styling)
8\&1 Rock L forward, recover R, step L $1 / 2$ L 3:00
S2: R Scissor, L Scissor, 1/4 L, 1/4 L, Rock R Forward, Recover L, Step R1⁄4 R
$2 \& 3,4 \& 5 \quad$ Step $R$ side, step $L$ beside $R$, cross $R$ over $L$, step $L$ side, step $R$ beside $L$, cross $L$ over $R$ 6\&7 Make $1 / 4$ turn $L$ stepping back on $R$, make $1 / 4$ turn $L$ stepping forward $L$, rock $R$ forward 9:00 8\& Recover L, step R $1 / 4$ R 12:00

S3: L Rock Recover \& R Rock Recover, Step R $1 / 4$ R, Walk L, R, L, Step R, Pivot $1 / 2$ L, $1 / 2$ L
$12 \&, 34$ \& Cross rock $L$ over $R$, recover $R$, step $L$ side, cross rock $R$ over $L$, recover $L$, step $R 1 / 4 R$ 3:00 5,6,7 Walk forward $L, R, L$
8\&1 Step $R$ forward, make $1 / 2$ turn $L$ (weight forward on $L$ ), make $1 / 2$ turn $L$ stepping back on $R$
S4: L Coaster, R Cross, L Ballstep $1 / 8$ R, Walk $1 / 2$ R stepping R,L,R,L
$2 \& 3$ Step $L$ back, step $R$ beside $L$, step $L$ forward
4\& Cross $R$ over $L$, rock on ball of $L$ to $L$ side turning 1/8 $R$ 4:30
$5,6,7,8 \quad$ Make $1 / 2$ turn $R$ walking R, L, R, L 10:30
S5: Modified R Rocking Chair, L Lock Forward, R Step Forward, L Step, Pivot $1 / 2$ R
1,2,3,4 Staying on diagonal rock $R$ forward, recover $L$, rock $R$ back, recover $L$ (this is the first step of the lock)
Restart: Wall 2 starts at 6:00: Restart dance here after 36 counts
\&5,6 Step $R$ slightly behind $L$, step $L$ forward, step $R$ forward
7,8 Step L forward, make $1 / 2$ turn $R$ (weight forward on R) 4:30
S6: $1 / 2$ R, R Lock Back, L Coaster, R Step, Pivot $1 ⁄ 2$ L, R Ballstep, L Side
1,2\&3 Make $1 / 2$ turn $R$ stepping back on $L$, step $R$ back, step $L$ slightly across $R$, step $R$ back 10:30
4\&5 Step $L$ back, step $R$ beside $L$, step $L$ forward
$6,7,8 \& \quad$ Step $R$ forward, make $1 / 2$ turn $L$ (weight forward on $L$ ), rock on ball of $R$ to $R$ side, recover on L 4:30

Start Over
Ending: At the end of Wall 5, Step R Forward and pose. 12:00
Choreographer's Note: On Wall 4, in S5 \& S6, the music feels slower. There is no music on Counts 2-8 of S6. From Count 1 in S6, count 2-8 in your head as you do the steps - don't rush it. It will phrase to when the music starts again for the beginning of the dance. Please see my demo and walk-through videos.

Last Update - 18 Feb 2022

