

# Rock N' Wrap

Count: 42

Wall: 0

Level:

Choreographer: Kathy Sharpe (USA)

Music: 455 Rocket - Kathy Mattea



**Position:** Couples begin in closed position, gents facing outside circle, ladies facing inside circle, ladies begin on right foot, gents stepping on left foot

## **BASIC EAST COAST SWING PATTERN IN CLOSED POSITION**

1-6 Basic east coast swing pattern in closed position (triple step on counts 1&2, triple step on counts 3&4, step back on free foot and rock forward onto free foot on counts 5-6)

## **FREE TURNS, ROCK STEP**

1-6 Triple step in place on counts 1&2, ladies turn full turn right and gents turn full turn left on 3&4, rock step joining ladies' right hand in gents' left

## **¼ TURN TO REVERSE LINE OF DANCE, TRIPLE STEP, ROCK STEP**

1-6 Ladies ¼ turn left and gents ¼ turn right on counts 1&2, triple step moving slightly back on counts 3&4, rock step maintaining hand hold

## **TRIPLE STEP FORWARD, ½ TURN TO FORWARD LINE OF DANCE, ROCK STEP**

1-6 Partners triple step in place on counts 1&2, dropping hands, ladies turn ½ turn right and gents turn ½ turn left on counts 3&4, join hands--ladies' left in gents' right and rock step

## **LADIES' WRAP, ROCK STEP**

1-6 Maintaining hand hold, gents lead ladies into wrap by using a sweeping motion with his right arm to the left and away from his body, ladies execute a full turn left on counts 1&2 and 3&4, gents footwork on 1&2 and 3&4 is basic triple step, triple step, both rock step on counts 5-6 picking up ladies' right hand in gents' left in front of gents' belt buckle (ladies will now be in a wrap (cuddle) position to gents' right)

## **SHUFFLE FORWARD TWICE, STOMP, STOMP**

1-6 Ladies shuffle forward right, left, right on counts 1&2, shuffle forward left, right, left on counts 3&4, stomp right, left on counts 5-6; gents shuffle forward left, right, left then right, left, right, stomp left, right (still in wrap position)

## **LADIES ¾ TURN RIGHT (GENTS ¼ TURN RIGHT), ROCK STEP**

1-6 Dropping hands joined in front of gent, gents will lead ladies into a ¾ turn right on counts 1&2 and 3&4 bringing his right hand over her head and down to face him; gents turn ¼ turn right on counts 1&2 during their triple step, triple step in place on counts 3&4, and both rock step on counts 5-6 and join hands to bring ladies back into closed position to start the dance again

## **REPEAT**