

Rockin'

Count: 32

Wall: 4

Level: Improver

Choreographer: Anita McNab (CAN)

Music: Rockin' Pneumonia - Ronnie McDowell

or: Some Beach - Blake Shelton



WALK FORWARD RIGHT, LEFT, SHUFFLE FORWARD RIGHT, LEFT, RIGHT

1-2 Step right forward, step left forward

3&4 Shuffle forward right, left, right

ROCK LEFT FORWARD, RECOVER RIGHT, SHUFFLE TURN ½ TO THE LEFT

5-6 Rock left forward, recover onto right

7&8 Shuffle back turning ½ left stepping left, right, left (6:00)

WALK FORWARD RIGHT, LEFT, SHUFFLE FORWARD RIGHT, LEFT, RIGHT

9-10 Step right forward, step left forward

11&12 Shuffle forward right, left, right

ROCK LEFT FORWARD, RECOVER RIGHT, SHUFFLE TURN ½ TO THE LEFT

13-14 Rock left forward, recover onto right

15&16 Shuffle back turning turn ½ left stepping left, right, left (12:00)

SLIDE TOUCH, AND SLIDE TOUCH AND, WALK FORWARD RIGHT, WALK FORWARD LEFT

17& Slide/touch right toe forward, slide/step right together

18& Slide/touch left toe forward, slide/step left together

19-20 Step right forward, step left forward

21-24 Repeat steps 17-20

ROCK RIGHT FORWARD, RECOVER ON LEFT, TURN ¼ RIGHT, SIDE SHUFFLE RIGHT, LEFT, RIGHT

25-26 Cross/rock right over left, recover on left

27&28 Turn ¼ right and shuffle to side right, left, right

CROSS LEFT OVER RIGHT, STEP SIDE RIGHT ON RIGHT, LEFT BACK COASTER STEP

29-30 Cross/rock left over right, step right to side

31&32 Step left back, step right together, step left forward

REPEAT
