Rock With You

Count: 32

Level: Easy Intermediate (EC Swing)

Choreographer: Michael Barr (USA)

Music: Rock With You Now - The Bama Band : (CD: Takin' Off The Edge)

Intro:: 32 counts.		
Alternative Music: Any East Coast Swing music you like will do just fine.		
1 – 8	SHUFFLE RIGHT, ROCK STEP – SHUFFLE LEFT, ROCK STEP	
1&2	Step R foot side right; Step L foot beside right; Step R foot side right	
3 – 4	Step (rock) back on L foot; Return weight to R foot in place	
5&6	Step L foot side left; Step R foot beside left; Step L foot side left	
7 – 8	Step (rock) back on R foot; Return weight to L foot in place	
9 – 16	SHUFFLE RIGHT 1/4 TURN LEFT, ROCK STEP – SHUFFLE 1/2 TURN RIGHT, ROCK STEP	
1&2	Step R foot side right; Step L foot beside right; Turn ¼ left, stepping back on R foot	
3 – 4	Step (rock) back on L foot; Return weight to R foot in place	
5&6	Turn ¼ right stepping L foot side left; Step R foot beside left; Turn ¼ right stepping L foot back	
7 – 8	Step (rock) back on R foot; Return weight to L foot in place	

Note: On wall 5 there is a restart after you complete this set of 8 counts (see below).

17–24	STEP, HOLD, STEP, STEP HOLD – ROCK, RETURN, COASTER STEP
1 – 2	(1) Step R foot forward; (2) Hold
&3-4	(&) Step L foot next to right instep; (3) Step R foot forward; (4) Hold
5 6	Stop (rock) foot forward: Poturn weight to P foot in place

- Step (rock) L foot forward; Return weight to R foot in place 5 – 6
- 7 8 Step L foot back; Step R foot (back) next to left; Step L foot forward
- 25-32 TOUCH, TOUCH, SAILOR STEP - SYNCOPATED VINE RIGHT
- Touch R forward; Touch R side right 1 – 2
- 3&4 Step ball of R behind left; Step L next to right; Step R side right and slightly forward on the right diagonal
- 5&6& Step L behind right; (&) Step R side right; Step (cross) L in front of right; (&) Step R side right
- 7 & 8 Step L behind right; (&) Step R side right; Step (cross) L in front of right

BEGIN AGAIN!

Restart: During wall 5, restart the dance after count 16. You will be facing the 3 o'clock wall. Reminder: Wall 5 starts facing the 12 o'clock wall but counts 1-16 bring you to the 3 o'clock wall.





Wall: 4