

Rock Yourself To Sleep

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Karl-Harry Winson (UK) - October 2007

Musique: How Long - Eagles : (Album: Long Road Out Of Eden)



Intro: 24 Counts.

(1-8) Right Chasse, Back Rock, Left Kick Ball Cross x2

- 1&2 Step right foot to the right side, step left foot next to the right, step right foot to the right
- 3-4 Rock back on the left, Recover forward on the right.
- 5&6 Kick left Diagonally Left, Step left in place, Cross right foot over the left
- 7&8 Kick left Diagonally Left, Step left in place, Cross right foot over the left

(9-16) Left Chasse, Back Rock, Right Kick Ball Cross x2

- 1&2 Step left foot to the left side, step right beside left, step left foot to the left side.
- 3-4 Rock back on the right, recover forward on the left.
- 5&6 Kick right diagonally right, Step right in place, Cross left foot over right
- 7&8 Kick right diagonally right, Step right in place, Cross left foot over right

(17-24) Vine to the right (with dip and ¼ turn) scuff, Left Rocking Chair

- 1-2 Step right foot to right side, cross left foot behind right and slightly bend both knees (dip with the body)
- 3-4 Make ¼ right stepping forward on the right, scuff left foot beside the right
- 5-6 Rock forward on the left, recover back on the right
- 7-8 Rock back on the left, recover forward on the right

(25-32) Left Step ½ turn x2, Forward Rock coaster Cross

- 1-2 Step forward on the left, make a half turn over the right shoulder (9:00)
- 3-4 Step forward on the left, Make a half turn over the right shoulder (3:00)
- 5-6 Rock forward on the left, recover back on the right
- 7&8 Step back on the left, step right next to left, cross left over right.

Begin again.

Tag: 1 tag and the End of wall number 3.

- 1-4 Step Right Tap, Step Left Tap
- 1-2 Step right to the right side, Tap left Foot next to the right
- 3-4 Step left foot to the left side, Tap right foot next to the left