

# Rock My Boat

**COPPER KNOB**  
STEPPERS

拍数: 0      墙数: 0      级数:  
编舞者: Kash Bane (UK)  
音乐: Rock The Boat - Aaliyah



Sequence: AA B AA BB AA B until end

## PART A

### FORWARD SHUFFLE, ROCK, RECOVER STEP WITH ½ TURN, FORWARD SHUFFLE, ½ PIVOT TURN

- 1&2      Step forward right, close left to right, step forward right
- 3&4      Rock forward on left, recover on right making a ¼ turn left, step forward on left making a further ¼ turn left
- 5&6      Step forward right, close left to right, step forward right
- 7&8      Step forward left, pivot a ½ turn over right shoulder, step forward on left

### ¾ TURN & CROSS, ROCK AND CROSS, FULL MONTEREY, FORWARD SHUFFLE

- 1&2      Do a ½ turn stepping back on right, follow with a ¼ turn stepping left to left side, cross right over left
- 3&4      Rock left to left side, recover on right, cross left over right
- 5-6      Point right to right side, do a full turn over right shoulder by stepping right next to left
- 7&8      Step forward on left, close right at left, step forward on left

### POINTS, RIGHT SAILOR STEP, STEP UNWIND, ROCK AND RECOVER

- 1&2      Point right toe to right side, return to center, point right to right side again
- 3&4      Step right behind left, step left to left side, step right to right side
- 5-6      Step left behind right, unwind a ¾ turn
- 7-8      Rock right to right side, recover onto left

### ROCKING STEPS, ROCK, RECOVER, CROSS UNWIND

- 1&2      Rock back on right, recover on left, step forward on right
- 3&4      Rock back on left, recover onto right, step forward on left
- 5-6      Rock forward on right, recover onto left
- 7-8      Cross right over left, unwind ¾ left

## PART B

### HIP ROCKS AND SIDE SHUFFLES TWICE

- 1-2      Rock hips to right then left
- 3&4      Step right to right side, close left at right, step right to right side
- 5-6      Rock hips to left then right
- 7&8      Step left to left side, step right next to left, step left to left side

### SLIDES AND BODYROLLS TWICE

- 1-2      Take a large step to the right, slide left to right
- 3-4      Body roll downwards
- 5-6      Take a large step to the left, slide right to left
- 7-8      Body roll downwards

### 1 ¼ VINE RIGHT, 1 ½ TURN BACK

- 1-4      Do a ¼ turn right stepping forward on right, do a ¼ turn right stepping left to left side, do a ¼ turn right stepping right to right side and finish with a ¼ turn right stepping left to left side
- 5-8      Make a ½ turn over left shoulder stepping left forward, do another ½ turn stepping right back, do a third ½ turn stepping forward on left and step right next to left

## **SNAKES AND HIP BUMPS TWICE**

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|-----|--|
| 1-2 | Snake right by lowering right shoulder and raising left hip then raising right shoulder and lowering left hip while moving right |
| 3&4 | Bump hips right, left, right   |
| 5-6 | Snake left by lowering left shoulder and raising right hip then raising left shoulder and lowering right hip while moving left   |
| 7&8 | Bump hips left, right, left  |
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