

# Rock Yourself To Sleep

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Karl-Harry Winson (UK) - October 2007  
音乐: 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