

ROCK BOTTOM

Choreographed by:

Tiina Aalto

Music:

Rock Bottom by Dallas Wayne

Counts:

64 count, Lilt-type 4 wall line dance

R & L SIDE SHUFFLES, R ROCK BACK & RECOVER, KICK BALL CROSS

- 1 & 2 Step right foot to right side, step left foot together, step right foot to right side
- 3 & 4 Step left foot to left side, step right foot together, step left foot to left side
- 5 - 6 Rock step right foot back, recover weight on left foot
- 7 & 8 Kick right foot forward, step right ball back, cross step left foot over right

R SIDE SLIDE, R & L KNEE BENDS, L SHUFFLE, R ROCK BACK & RECOVER

- 1 - 2 Big step right foot to right, slide left together and step on it
- 3 - 4 Bend right knee over left, Bend left knee over right and take weight on right
- 5 & 6 Step left foot to left side, step right foot together, step left foot to left side
- 7 - 8 Rock step right foot back, recover weight on left foot

R & L SHUFFLES (1/4 TO LEFT), R ROCK BACK & RECOVER, KICK BALL CROSS

- 1 & 2 Step right foot diagonal forward, step left foot together, step right foot diagonal forward (with this shuffle you start turning to your left, shuffle is going diagonal forward)
- 3 & 4 Step left foot to left side (finishing 1/4 turn to left), step right foot together, step left foot to left side
- 5 - 6 Rock step right foot back, recover weight on left foot
- 7 & 8 Kick right foot forward, step right ball back, cross step left foot over right

R SIDE SLIDE, R & L KNEE BENDS, L SHUFFLE, R ROCK BACK & RECOVER

- 1 - 2 Big step right foot to right, slide left together and step on it
- 3 - 4 Bend right knee over left, Bend left knee over right and take weight on right
- 5 & 6 Step left foot to left side, step right foot together, step left foot to left side
- 7 - 8 Rock step right foot back, recover weight on left foot

R SIDE TOUCH, R CROSS OVER, L SIDE TOUCH, L CROSS OVER, 1/2 MONTEREY R

- 1 - 2 Touch right toe to right side, cross step right over left
- 3 - 4 Touch left toe to left side, cross step left over right
- 5 - 6 Touch right toe to right side, step right next to left as you turn 1/2 right on ball of left
- 7 - 8 Touch left toe left side, step left forward

R SIDE TOUCH, R CROSS OVER, L SIDE TOUCH, L CROSS OVER, 1/2 MONTEREY R

- 1 - 2 Touch right toe to right side, cross step right over left
- 3 - 4 Touch left toe to left side, cross step left over right
- 5 - 6 Touch right toe to right side, step right next to left as you turn 1/2 right on ball of left
- 7 - 8 Touch left toe left side, step left forward

TOE HEEL STEPS, 2 R FOOT KICKS, R COASTER STEP

- 1 - 4 Step right toe forward, flatten right foot, step left toe forward, flatten left foot
- 5 - 6 Kick right foot forward two times
- 7 & 8 Step right foot back, step left foot together, step right foot forward

1 / 2 PIVOT TURN TO RIGHT, R STEP, KNEE BENDS

- 1 - 2 Step left foot forward, pivot 1/2 turn and step on right
- 3 - 4 Step left foot forward, bend right knee inside
- 5 - 6 Straighten right knee, hold
- 7 - 8 Bend right knee, hold

START AGAIN -:-)

Level:

Intermediate