



Rock Mi

Choreographed by Cato Larsen.

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Description: 80 counts, 2 Wall Line Dance.

Level: Intermediate/Advanced.

Music: Rock Mi - Voxxclub.

Alt.

CD:

Intro: Start the dance at vocals after 8 counts (6 seconds).

Motion: Novelty (Social only/Show piece).

Tempo: 80 BPM.

Videolink:

SOD: Speed of Dance; Normal to Slow

Dance #: 111

Part A: Verse – 32 counts.

1 – 8	Sailor Stomp, Sailor Stomp, Vaudeville.		
1&2	Cross right behind left (1), Step left slightly left (&), Stomp right slightly to right side (2).	12:00	
3&4	Cross left behind right (3), Step right slightly right (&), Stomp left slightly to left side (4).		
5&	Cross right over left (5), Step left slightly to left side (&).		
6&	Touch right heel diagonally forward right (6), Step right next to left (&).		
7&	Cross left over right (7), Step right slightly to right side (&).		
8&	Touch left heel diagonally forward left (8), Step left next to right (&).		
9 – 16	Cross, 1/4 Pivot turn twice, Cross, 1/4 Pivot turn twice, Weave, Stomp, Stomp.		
1&	Cross right over left (1), Pivot 1/4 turn right Stepping back on left (&).		3:00
2	Pivot 1/4 turn right Stepping right to right side (2).	6:00	
3&	Cross left over right (3), Pivot 1/4 turn left Stepping back on right (&).	3:00	
4	Pivot 1/4 turn left Stepping left to the left side (4).	12:00	
5&	Step right to the right side (5), Cross left behind right (&).		
6&7	Step right to the right side (6), Cross left over right (&), Step right to the right side (7).		
8&	Stomp left next to right (&), Stomp right next to left (8).		
17 – 24	Modified Rumba Box 1/4 turn, Rock forward & Back, Step, 1/4 turn, Cross.		
1&	Step left to the left side (1), Step right next to left (&).	9:00	
2&	Step left forward (2), Step right foot to the right side (&).		
3&	Step left next to right (3), Step back on right (&).		
4	Pivot 1/4 turn left Stepping left to the left side (4).		
5&	Step forward on right (5), Rock (recover) weight back again onto left (&).		
6&	Step back on right (6), Rock (recover) weight forward again onto left (&).		
7&8	Step forward on right (7), Pivot 1/4 turn left (&), Cross right over left (8).		6:00
25 – 32	Modified Rumba Box 1/4 turn, Rock forward & Back, Step, 1/4 turn, Touch.		
1&	Step left to the left side (1), Step right next to left (&).	3:00	
2&	Step left forward (2), Step right foot to the right side (&).		
3&	Step left next to right (3), Step back on right (&).		
4	Pivot 1/4 turn left Stepping left to the left side (4).		
5&	Step forward on right (5), Rock (recover) weight back again onto left (&).		
6&	Step back on right (6), Rock (recover) weight forward again onto left (&).		
7&8	Step forward on right (7), Pivot 1/4 turn left (&), Touch right toe next to left (8).		12:00

Part B: Bridge – 16 counts.

1 – 8	Chasse right & Clap twice, Chasse left & Clap twice, Sailor Step, Stomp, Stomp.	
1&2	Step right to the right side (1), Step left next to right and Clap (&), Step right to the right side and Clap (2).	
3&4	Step left to the left side (3), Step right next to left and Clap (&), Step left to the left side and Clap (4).	
5&6	Cross right behind left (5), Step left slightly left (&), Step right slightly right (6).	
&7	Cross left behind right (&), Step right slightly right (7).	
&8	Stomp left foot slightly to left side (&), Stomp left foot again slightly further out to left side (8).	

9 – 16	Chasse left & Clap twice, Chasse right & Clap twice. Sailor Step, Stomp, Stomp.	
1&2	Step left to the left side (1), Step right next to left and Clap (&), Step left to the left side and Clap (2).	
3&4	Step right to the right side (3), Step left next to right and Clap (&), Step right to the right side and Clap (4).	
5&	Cross left behind right (5), Step right slightly to right side (&).	
6&	Step left slightly to left side (6), Cross right behind left (&).	
7	Step left slightly to left side (7).	
&8	Stomp right beside left (&), Stomp right slightly to right side (8).	

Part C: Chorus – 32 counts (Rock Mi)

1 – 8	Slapping part, Grapevine right & left with Scuff.	
1	Slap outside of right foot/heel with right hand (behind body) (1).	
&	Slap inside of right foot/heel with left hand in front of body (&).	
2	Step right next to left, Hitch left knee up and Slap on left thigh with right hand (2).	
&	Slap on left thigh with LEFT hand (&).	
3	Slap outside of left heel/foot with left hand in front of body (3).	
&	Slap inside of left heel/foot with right hand behind body (&).	
4	Step left beside right and Slap inside of right heel/foot with left hand behind body (4).	
5&	Step right to right side (5), Cross left behind right (&).	
6&	Step right to right side (6), Scuff left foot forward (&).	
7&	Step left to left side (7), Cross right behind left (&).	
8&	Step left to left side (8), Scuff right foot forward (&).	

9 – 16	Repeat count 1-8 of Part C - Slapping part, Grapevine right & left with Scuff.	
1	Slap outside of right foot/heel with right hand (behind body) (1).	
&	Slap inside of right foot/heel with left hand in front of body (&).	
2	Step right next to left, Hitch left knee up and Slap on left thigh with right hand (2).	
&	Slap on left thigh with LEFT hand (&).	
3	Slap outside of left heel/foot with left hand in front of body (3).	
&	Slap inside of left heel/foot with right hand behind body (&).	
4	Step left beside right and Slap inside of right heel/foot with left hand behind body (4).	
5&	Step right to right side (5), Cross left behind right (&).	
6&	Step right to right side (6), Scuff left foot forward (&).	
7&	Step left to left side (7), Cross right behind left (&).	
8&	Step left to left side (8), Scuff right foot forward (&).	

17 – 24	Side, Sailor Stomp, Sailor Scuff, Stomp, Cross Rock, Back Rock, Jazz Box.	
1&	Step right to right side (1), Cross left behind right (&).	
2&	Step right slightly to right side (2), Stomp left foot to left side (&).	
3&	Cross right behind left (3), Step left slightly to left side (&).	
4&	Scuff right foot diagonally forward right (4), Stomp right forward on right diagonal (&).	
5&	Cross left over right (5), Rock (recover) weight back again onto right (&).	
6&	Step left back to left diagonal (6), Rock (recover) weight forward again onto right (&).	
7&	Cross left over right (7), Step back on right (&).	
8	Step left to left side (8).	

25 – 32	Weave, Sweep, Weave, Sweep, Mambo 1/2 turn, Rock Step, Side.	
1&	Cross right over left (1), Step left to left side (&).	
2&	Cross right behind left (2), Sweep left foot out and around back (&).	
3&	Cross left behind right (3), Step right to right side (&).	
4&	Cross left over right (4), Sweep right foot out and around forward (&).	
5&	Step forward on right (5), Rock (recover) weight back again onto left (&).	
6	Pivot ½ turn right Stepping forward on right (6).	
7&	Step forward on left (7), Rock (recover) weight back again onto right (&).	
8	Step left long step to left side (8).	
Bridge:	<i>On wall 1; Dance the first 16 counts of C one more time!</i>	6:00