

My Rock

Choreographed by Doug and Jackie Miranda
64 Count, 2 Wall, Intermediate Line Dance
Music: "My Rock" by Paul Overstreet Album: Time

Set 1 Side Shuffle, Rock, Recover; ¼Turn Left Shuffle, ½Turn Left

- 1&2 Shuffle to R side R, L, R
3-4 Rock L behind R, recover on R
5&6 Turn ¼turn L and shuffle forward L, R, L
7-8 Step forward on R, turn ¼turn L and step forward on L (weight on L)

Set 2 Cross Points Forward, Skips (Hops) Back

- 1-4 Cross R over L, point L to L side (weight remains on R); cross L over R, point R to R side (weight on L)
5&6 Step back on R behind L, slightly hitch L knee on & count as you skip/hop back, step back on L behind R
&7&8 Slightly hitch R knee on & count as you skip/hop back, step back on R behind L, slightly hitch L knee on & count as you skip/hop back, step back on L behind R (weight on L)

Set 3 ¼Turn Right Shuffle Forward, ½Turn Right, Shuffle Forward, Full Turn Forward

- 1&2 Turn ¼right and shuffle forward R, L, R
3-4 Step forward on L, turn ¼turn right stepping forward on R (weight on R)
5&6 Shuffle forward L, R, L
7-8 Make a full turn forward by stepping back on R as you turn ¼turn L, turn ¼turn L stepping forward on L

Set 4 Walk Forward, ¼Turn Right Jazz Box

- 1-4 Walk forward R, L, R, L
5-8 Cross R over L, step back on L, turn ¼R as you step R to R side, step L next to R

Set 5 ¼Turn Right Monterey, Point, Hold with Claps 2x; Heel Switches Turn Right, Hold with Claps 2X

- 1&2&3 Point R to R side, turn ¼R as you step R next to L, point L to L side (weight on R), step L next to R, point R to R side
& 4 Hold and clap hands 2 X
5&6& Touch or tap R heel forward, step R next to L (weight on R), touch or tap L heel forward, step L next to R
7&8 Tap R heel forward, hold and clap 2X

Set 6 ¼Turn Right Jazz Box, ¾Walk Around Left

- 1-4 Cross R over L, step back on L, step into ¼turn R as you step R to R side, step forward on L and look over L shoulder
5-8 Continue to look over L shoulder and walk a ¾circle L stepping R, L, R, L (if you are at the 9 o'clock wall, you will end the 12 o'clock or front wall)

Set 7 Step Side, Behind, ¼Turn Right, Step Forward, ½Turn Right, ¼Turn Right, Vine Left

- 1-4 Step R to R side, step L behind R, step R ¼turn R, step forward on L
5-8 Turn ¼turn R stepping forward on R, turn ¼turn R stepping L to L side, step R behind L, step L to L side

Set 8 Two Sailor Steps, Step Forward, ½Turn Left, Scuff

- 1&2 Right sailor step stepping R behind L, step L to L side, step R to R side
3&4 Left sailor step stepping L behind R, step R to R side, step L to L side
5-8 Step forward on R leaning forward to start ¼turn to L, as you continue to lean back on R, turn ¼turn L (weight on R), touch L toe forward, step forward on L, scuff R forward and slightly to R side to begin dance again with side shuffle to R

One and only tag: Towards the end of the 5th repetition of the dance, (you will be at the front/ 12 o'clock wall) the music will slow down. You will be doing count 5 of the last set of 8 on the word "side..."(after the sailor steps) ; slowly step forward on your R leaning straight forward with the music eliminating the ¼turn L (count slowly 5,6,7,8 &); when the note is sung an octave higher, slowly start leaning back on L; the music will speed up again - start the dance from the beginning—you will get the hang of it the more you practice with the song! You will dance the dance all the way through one more time plus only the 12 counts of the dance—the song will sound like it is ending—turn ¼R to face the front and slowly raise and then lower arms. You can fade out here and finish or continue when the song starts up again. Have fun!