

Rock N Love

Choreographed by Peter & Alison, TheDanceFactoryUK, April 2010

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4 wall – Improver Line Dance

Music: Bleeding Love – The Baseballs – start after 32 count intro – 160bpm

From the CD: Strike

1-8 R side, hold, L back rock & recover, L side, hold, R back rock & recover

1-2 Step R side, R side toe strut (*alternate step: Hold*)

3-4 Rock L back, recover weight on R

5-6 Step L side, L side toe strut (*alternate step: Holdt*)

7-8 Rock R back, recover weight on L

9-16 ½ L & R back, hold, L back rock & recover, R full turn fwd, hold

1-2 Turning ½ left step R back, hold (6 o'clock)

3-4 Rock L back, recover weight on R

5-6 Travel forward turning ½ right step L back, turning ½ right step R forward

7-8 Step L forward, hold (6 o'clock)

NON-TURNING alternative 5-8: walk forward L, R, L, hold

17-24 Fwd R & L diagonal lock steps with scuffs

1-4 On right diagonal: step R forward, lock L behind R, step R forward, scuff L forward

5-8 On left diagonal: step L forward, lock R behind L, step L forward, scuff R forward

25-32 R fwd mambo step, hold, ½ R pivot turn, hold

1-4 Rock R forward, recover weight on L, step R together, hold

5-8 Step L forward, pivot ½ right, step L forward, hold (12 o'clock)

33-40 R box fwd: side, close, fwd, touch together; L side touch, L touch together; L box back: side, close

1-4 Step R side, step L together, step R forward, touch L together

5-8 Touch L side, touch L together, step L side, step R together

41-48 Complete L box: back, touch; R side touch, R touch together, side, tog turn ¼ R & scuff

1-4 Step L back, touch R together, touch R side, touch R together

5-8 Step R side, step L next to R, turning ¼ right step R forward, scuff L forward (3 o'clock)

RESTART: During wall 3 dance the first 47 counts. On count 48 stomp L tog and restart facing L side wall

49-56 L fwd rock & recover, ½ L fwd, R scuff, R & L step scuffs fwd

1-4 Rock L forward, recover weight on R, turning ½ left step L forward, scuff R forward (9 o'clock)

5-8 Step R forward, scuff L forward, step L forward, scuff R forward

57-64 R jazz box with ¼ R, 1/8 R & R cross over toe strut, 1/8 R & L back toe strut

1-4 Cross step R over L, turning ¼ right step L back, Step R side, step L forward (12 o'clock)

5-8 Turning 1/8 right cross R toe over L, step R heel down, turning 1/8 right touch L toe back, step L heel down (3 o'clock)