



AB Rocker

Count: 32 **Wall:** 1 **Level:** Absolute Beginner
Choreographer: Val Myers & Deana Randle (UK) April 2011
Music: Wine, Women and Song by Patty Loveless (122 bpm)

Alt. Tracks.

Don't Tell Me What To Do by Pam Tillis (132 bpm);
Rocking All Over the World by Status Quo (131 bpm)

Intro: 16 counts. Start on vocals.

ROCKING CHAIR, WALK X3, KICK

1,2 Rock forward on Right foot, recover onto Left foot
3,4 Rock back on Right foot, recover onto Left foot
5 – 8 Walk forward Right, Left, Right, kick Left foot forward

WALK BACK X3, HITCH, TOE STRUTS BACK X2

1 – 4 Walk back Left, Right, Left, hitch Right knee
5,6 Touch Right toe back, drop Right heel to floor
7,8 Touch Left toe back, drop Left heel to floor

RUMBA BOX

1 – 4 Step Right foot to Right side, step Left foot beside Right foot, step Right foot forward, touch Left toe beside Right foot
5 – 8 Step Left foot to Left side, step Right foot beside Left foot, step Left foot back, touch Right toe beside Left foot

KNEE POPS, TOE STRUTS FORWARD X2

1 Drop Right heel to floor lifting Left heel and pushing Left knee forward
2 Drop Left heel to floor lifting Right heel and pushing Right knee forward
3 Drop Right heel to floor lifting Left heel and pushing Left knee forward
4 Drop Left heel to floor lifting Right heel and pushing Right knee forward
5,6 Touch Right toe forward, drop Right heel to floor
7,8 Touch Left toe forward, drop Left heel to floor