

## AB Rocker

32 Count, 1 Wall, Absolute Beginner

Choreographer: Val Myers & Deana Randle (UK)

April 2011

Choreographed to: Wine, Women and Song by Patty Loveless (122 bpm); Don't Tell Me What To Do by Pam Tillis (132 bpm); Rocking All Over the World by Status Quo (131 bpm)

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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

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Music download available from Amazon

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