

ROCK BOTTOM

Count: 64 Wall: circle Level: Intermediate Couple Dance
Choreographie: Mariette & Jean-Marc Villeneuve, Canada (2011)
Music: **Rock Bottom** - Dallas Wayne

Position Double Hand Hold

Man facing L.O.D. and Woman facing R.L.O.D.

The steps for the Man and the Woman are opposite, unless specified

1-8 Cross Toe Strut, Side Toe Strut, Cross Rock Step, Side Shuffle,

- 1-2 **M** : Cross toes of the LF in front of RF - Place left heel down
W : Cross toes of the RF in front of LF - Place right heel down
- 3-4 **M** : Right toes to the right - Place right heel down
W : Left toes to the left - Place left heel down
- 5-6 **M** : Rock LF over RF - Recover on RF
W : Rock RF over LF - Recover on LF
- 7&8 **M** : Side Shuffle LF, RF, LF, to the left
W : Side Shuffle RF, LF, RF, to the right

9-16 Cross Toe Strut, Side Toe Strut, Cross Rock Step, Side Shuffle,

- 1-2 **M** : Cross toes of the RF in front of LF - Place right heel down
W : Cross toes of the LF in front of RF - Place left heel down
- 3-4 **M** : Left toes to the left - Place left heel down
W : Right toes to the right - Place right heel down
- 5-6 **M** : Rock RF over LF - Recover on LF
W : Rock LF over RF - Recover on RF
- 7&8 **M** : Side Shuffle RF, LF, RF, to the right
W : Side Shuffle LF, RF, LF, to the left

17-24 Shuffle Fwd, Step, Pivot 1/2 Turn, Shuffle 1/2 Turn, Back Rock Step,

- Release man's right hand and woman's left hand*
The woman passes under man's left arm to the left
- 1&2 **M** : Shuffle forward LF, RF, LF
W : Shuffle forward RF, LF, RF
- 3-4 **M** : RF forward - Pivot 1/2 turn to the left *R.L.O.D.*
W : LF forward - Pivot 1/2 turn to the right *L.O.D.*
The woman passes again under left arm
- 5&6 **M** : Shuffle RF, LF, RF, 1/2 turn to the left
W : Shuffle LF, RF, LF, 1/2 turn to the right
- Double hand hold position, man facing L.O.D. and woman facing R.L.O.D.*
- 7-8 **M** : Rock LF back - Recover on RF
W : Rock RF back - Recover on LF

25-32 Side Shuffle, Back Rock Step, Side Shuffle, Back Rock Step,

- 1&2 **M** : Shuffle LF, RF, LF, sideways to the left
W : Shuffle RF, LF, RF, sideways to the right
- 3-4 **M** : Rock RF back - Recover on LF
W : Rock LF back - Recover on RF
- 5&6 **M** : Shuffle RF, LF, RF, sideways to the right
W : Shuffle LF, RF, LF, sideways to the left
- 7-8 **M** : Rock LF back - Recover on RF
W : Rock RF back - Recover on LF

- 33-40 M : (Skate Fwd) X3, Together, (Kick Ball Change) X2,
W : (Skate Back) X3, Together, (Kick Ball Change) X2,
Release man's right hand and woman's left hand
Option Raise man's right hand and woman's left hand and pivot**
- 1-2 **M : Skate forward LF, RF
W : Skate back RF, LF**
- 3-4 **M : Skate forward LF, RF next to LF
W : Skate back RF, LF next to RF**
*Double Hand Hold Position, man facing L.O.D. and woman facing R.L.O.D.
Man kicks to the left of the woman and the woman kicks between the man's legs*
- 5&6 **M : Kick LF forward - LF next to RF - RF next to LF
W : Kick RF forward - RF next to LF - LF next to RF**
- 7&8 **M : Kick LF forward - LF next to RF - RF next to LF
W : Kick RF forward - RF next to LF - LF next to RF**

- 41-48 M : Vine To Left, Tap, Vine To Right, Tap,
W : Rolling Vine To Right, Tap, Rolling Vine To Left, Tap,**
- 1-2-3 **M : LF to the left - Cross RF behind LF - LF to the left
W : Steps RF, LF, RF, 1 complete turn to the right**
- 4 **M : Tap RF next to LF
W : Tap LF next to RF**
- 5-6-7 **M : RF to the right - Cross LF behind RF - RF to the right
W : Steps LF, RF, LF, 1 complete turn to the left**
- 8 **M : Tap LF next to RF
W : Tap RF next to LF**

- 49-56 Step, Kick, Back, Touch, Step, Kick, Back, Touch,
Double Hand Hold Position, man facing L.O.D. and woman facing R.L.O.D.**
- 1-2 **M : Step LF diagonal to left - Kick RF forward
W : Step RF diagonal to left - Kick LF forward**
- 3-4 **M : RF back - Point L next to RF
W : LF back - Point R next to LF**
- 5-6 **M : Step LF diagonal to the right - Kick RF forward
W : Step RF diagonal to the right - Kick LF forward**
- 7-8 **M : RF back - Point L next to RF
W : LF back - Point R next to LF**

- 57-64 M : Walk, Walk, Shuffle Fwd, Walk, Walk, Shuffle Fwd.
W : 1/4 Turn, 1/4 Turn, Shuffle 1/2 Turn, 1/4 Turn, 1/4 Turn, Shuffle 1/2 Turn.
Release man's right hand and woman's left hand
Woman passes under raised arms**
- 1-2 **M : LF forward - RF forward
W : RF, 1/4 turn to the right - LF, 1/4 turn to the right L.O.D.**
- 3&4 **M : Shuffle forward LF, RF, LF
W : Shuffle RF, LF, RF, 1/2 turn to the right R.L.O.D.
The woman passes under raised arms**
- 5-6 **M : RF forward - LF forward
W : LF, 1/4 turn to the left - RF, 1/4 turn to the left L.O.D.**
- 7&8 **M : Shuffle forward RF, LF, RF
W : Shuffle LF, RF, LF, 1/2 turn to the left R.L.O.D.
Return to the starting position**

Repeat