

Rockin' A Mile A Minute



52 Count – 4 wall intermediate

Intro – 32 count, start on vocals

Choreographed by Alan Haywood (UK) (August 2008)

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Choreographed to "Rockin' A Mile A Minute" by Candy Coburn from Rev It Up Album (available from Amazon) 138bpm. Track also easily available from Napster (79p)

Section 1

'Dorothy' steps & cross shuffle, ¼ R, hold

- 1-2 Step right diagonally right, lock left behind right
&3-4 Step right next to left, step left diagonally left, lock right behind left
&5&6 Step left next to right, cross step right over left, step left to left side, cross step right over left
7-8 Pivot ¼ turn right stepping back onto left, hold for one count (3 o'clock)

Section 2

Rock back R, recover L, R forward shuffle, rock forward L, recover R, ½ L, ½ L

- 1-2 Rock back onto right, recover weight forward onto left
3&4 Step forward onto right, close left next to right, step forward onto right
5-6 Rock forward onto left, recover weight back onto right
7-8 Make ½ turn left stepping left forward, make ½ turn left stepping right back (3 o'clock)
Easy Option for 7-8: Walk back 2 steps, left right

Section 3

Rock back L, recover R, ¼ R L side shuffle, rock back R, recover L, hinge ½ L

- 1-2 Rock back onto left, recover weight forward onto right
3&4 Making ¼ right step left to left side, close right next to left, step left to left side (6 o'clock)
5-6 Rock back right behind left, recover forward onto left
7-8 Make ¼ turn left stepping right back, make ¼ left stepping left side (12 o'clock)

Section 4

Cross rock R, recover L, ¼ R shuffle, L forward, ½ R, walk forward L R

- 1-2 Cross rock right over left, recover weight back onto left
3&4 Step right ¼ right, close left next to right, step right forward (3 o'clock)
5-6 Step left forward, pivot ½ right (9 o'clock)
7-8 Walk forward left right

Section 5

2 X Rock Steps, L forward shuffle, R forward ½ L

- 1-2 Rock forward onto left, rock back onto right
3- 4 Rock forward onto left, rock back onto right
Steps 1 – 4 Can Be Replaced With A Forward Body Roll
5&6 Step left forward, close right next to left, step left forward
7-8 Step forward onto right, pivot ½ turn left (3 o'clock)

Section 6

Walk forward R L, R side rock, recover L, jazz box ¼ R

- 1-2 Walk forward right, walk forward left
3-4 Rock right to right side, recover weight onto left
5-6 Cross step right over left, step left back
7-8 Step right ¼ right, step left slightly forward (6 o'clock)

Section 7 (4 counts only to finish dance)

Jazz box ¼ R

- 1-2 Cross step right over left, step left back
3-4 Step right ¼ right, step left slightly forward (9 o'clock)

REPEAT AND ENJOY!

Note: 52 counts is unusual but this dance will fit any up tempo song to a 48 count just by dropping section 7 and then it will restart perfectly but will become a 2 wall dance!

NO TAGS OR RESTARTS – YIPPEE!!!!

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