Rock and A Hard Place

Choreographed by Mark Simpkin & Roxanne Moates - April 2023
Music: Rock and A Hard Place by Bailey Zimmerman
Dance Description: 72 Counts, 2 Wall, Advanced Waltz
3.27mins BPM 122 Intro**:** 24 Counts. Start Weight on R
Note; the vocals don't start for another 6 counts, so you start in the silence!
1 Restart # Wall - 1 Restart after 66 counts. Restart at (6.00)

L TWINKLE – CROSS R OVER L – HOLD BALL CROSS
1-2-3 Cross L over R, Rock R to R side, Recover weight on L
4-5&6 Cross R over L, Hold, Step L beside R, Cross R over L (ball step)

1/4 L FWD – 1/4 L SIDE – 1/4 LOCK – BACK R – 1/4 L STEP L TO L – RECOVER R
1-2-3 Turn 1/4 L stepping L forward, Turn 1/4 L stepping R to R side, Turn 1/4 L cross L over R (3.00)
4-5-6 Step R back, 1/4 L stepping L to side, Recover R (12.00)

L BEHIND – SIDE SHUFFLE RLR – CROSS L, 1/4 L STEP BACK R – 1/2 L STEP FWD L
1-2&3 Step L behind R, Side shuffle RLR
4-5-6 Cross L over R, Turn 1/4 L Stepping R back, Turn 1/2 L stepping L forward (3.00)

R FWD – SLOW 1/2 PIVOT – 1/2 L STEP BACK R – STEP BACK L – CROSS R
1-2-3 Step R forward, Pivot 1/2 L over two counts (wgt on L) (9.00)
4-5-6 Making 1/2 turn L step back R, stepping L back, Cross stepping R over L (3.00)

L BACK – SIDE SHUFFLE 1/4 R – L FWD – FULL R SPIRAL TURN – FWD R
1-2&3 Step L back, Step R to R side, Step L beside R, Turn 1/4 R stepping R forward (6.00)
4-5-6 Step L forward, over R a full spiral turn R, Step R forward

FWD L COASTER – CROSS R OVER L – STEP L BACK SLIGHTLY ON R DIAGONAL – STEP R TO R SIDE
1-2-3 Step L forward, Step R beside L, Step L back.
4-5-6 Cross R over L, Step L Back slightly to Side L, Step R to R side (6.00)

1/4 L FALL AWAY
1-2-3 L forward to R diagonal (7.30), turn 1/4 L stepping R to R side, Step L back on L diagonal (4.30)
4-5-6 Step R back still on L diagonal (4.30), Turn 1/8 L stepping L to L side, Cross R over L (3.00)

FWD 1/4 L – SIDE SHUFFLE RLR – TOUCH L BEHIND – UNWIND 1/2 L
1-2&3 Turn 1/4 L stepping slightly forward, Side Shuffle RLR, (12.00)
4-5-6 L behind R, Unwind 1/2 L weight on L over two counts (6.00)

CROSS R – RECOVER 1/4 R – 1/2 LOCK TURN R
1-2-3 Cross R over L, Recover L, Turn 1/4 R stepping R forward (9.00)
4-5-6 1/4 R step L to L slide, Cross R over L, 1/4 R step back L (3'00)

TOUCH R BACK – 1/2 R REVERSE TURN – L COASTER FWD 1/4 L
1-2-3 Touch R behind L, Unwind 1/2 R weight on R over two counts (9.00)
4-5-6 Step L forward, Step R beside L, Step L back making 1/4 turn L (6.00)

CROSS STEP R OVER L – 1/4 L TURNING SHUFFLE LRL – STEP R – 1/2 PIVOT – 1/4 SIDE #
1-2&3 Cross R over L, stepping L to L side, Step R beside L, L, turn 1/4 L stepping L forward (3.00)
4-5-6 Stepping R fwd, Turn 1/2 L stepping L Fwd, Turn 1/4 L stepping R to R side # (6.00)

L BEHIND – 14 RFWD – FWD L – PIVOT 3/4 TURN R – L SIDE – RECOVER R
1-2-3 Step L behind R, 1/4 turn R step fwd R, step fwd L (9.00)
4-5-6 3/4 pivot R weight on R, Step L to L, Recover weight to R side, (6.00)

Ending is on wall 6. Start facing (6.00). Dance to count 24. Change Cross R over L to 1/ R stepping R to R side (12.00)

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