



Rock And A Soft Place

Choreographed by Mark Simpkin – July 2023

Music: Rock and A Hard Place by Bailey Zimmerman

3.27mins BPM 122

Dance Description: 36 Counts, 2 Wall, Improver Waltz

Intro: 24 Counts. Note; the vocals don't start for another 6 counts, so you start in the silence!

Start Weight on R

Restart # Wall - 2 Restart after 30 counts – change count 30 from **1/4 R** to **Side R** to restart 12.00

L TWINKLE 1/4 TURN L – FWD R – L FWD SHUFFLE

1-2-3 Cross L over R, Rock R to R side, Recover weight on L make 1/4 turn L (9.00)

4-5&6 Step forward R, Stepping L forward, Step R beside L, Step L forward

ROCK R FWD – RECOVER L – TURN 1/2 R STEPPING R FWD – L FWD – DRAG R TO L – DROP WGT ON R

1-2-3 Rock R forward, Recover L, Turn 1/2 R stepping R forward (3.00)

4-5-6 Step L forward, Drag R to L, Drop weight on R

L FWD BASIC – STEP BACK R – 1/2 L BASIC

1-2-3 Step L forward, Step R beside L, Step L in place beside R

4-5-6 Step R back, Turn 1/2 L stepping L forward, Step R slightly forward (9.00)

L FWD BASIC – STEP BACK R – 1/4 L SIDE – CROSS R OVER L

1-2-3 Step L forward, Step R beside L, Step L in place beside R

4-5-6 Step R back, Make a 1/4 turn L stepping L to L side, Cross R over L (6.00)

TURN 1/4 L STEPPING L FWD – R FWD – 1/2 L PIVOT – 1/4 L STEPPING R TO R SIDE – L BEHIND – 1/4 R FWD

1-2-3 Turn 1/4 L stepping L forward, Step R forward, 1/2 L Pivot (9.00)

4-5-6 Turn 1/4 L stepping R to side, Step L behind R, Turn 1/4 R stepping forward on R (3.00) #

L FWD – 1/2 R PIVOT – 1/4 R STEPPING L TO L SIDE – ROCK R BEHIND L – L TO L SIDE – R TO R SIDE

1-2-3 Step L forward, 1/2 R pivot, Turn 1/4 R stepping L to L side (6.00)

4-5-6 Rock R back, Step L to L side, Step R to R side

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