

Rocka Hula

Choreographed by Robbie McGowan Hickie
Description: 80 count, 4 wall, intermediate line dance
Music: Rock A Hula Baby by The Deans

- I N T R O -

FORWARD ROCKS, SIDE ROCKS, SLOW COASTER STEPS WITH HOLDS (LEFT & RIGHT)

- 1-4 Rock forward on left, rock back on right, rock left to left side, recover weight on right
5-8 Step back on left, step right beside left, step forward on left, hold
9-12 Rock forward on right, rock back on left, rock right to right side, recover weight on left
13-16 Step back on right, step left beside right, step forward on right, hold

STEP, PIVOT ½ TURN RIGHT, STEP, HOLD, STEP, PIVOT ½ TURN LEFT, HOLD, LOCK STEP FORWARD, SCUFF (LEFT & RIGHT)

- 1-4 Step forward on left, pivot ½ turn right, step forward on left, hold
5-8 Step forward on right, pivot ½ turn left, step forward on right, hold
9-12 Step forward on left, lock right behind left, step forward on left, scuff right forward
13-16 Step forward on right, lock left behind right, step forward on right, scuff left forward

FORWARD ROCK, STEP BACK, HOLD, SLOW SHUFFLE ½ TURN RIGHT WITH HOLD TWICE, SLOW RIGHT COASTER CROSS, HOLD

- 1-4 Rock forward on left, rock back on right, step back on left, hold
5-8 Right shuffle back turning ½ turn right stepping right, left, right, hold
9-12 Left shuffle forward turning ½ turn right stepping left, right, left, hold
13-16 Step back on right, step left beside right, cross step right over left, hold

SIDE TOE STRUT, CROSSING TOE STRUT, SIDE ROCK, CROSS, HOLD (LEFT & RIGHT)

- 1-2 Step left toe to left side, drop left heel to floor
3-4 Cross step right toe over left, drop right heel to floor
5-8 Rock left to left side, recover weight on right, cross step left over right, hold
9-10 Step right toe to right side, drop right heel to floor
11-12 Cross step left toe over right, drop left heel to floor
13-16 Rock right to right side, recover weight on left, cross step right over left, hold

...END OF INTRODUCTION

- M A I N D A N C E -

LEFT SIDE, TOGETHER, FORWARD, HOLD, FORWARD ROCK, HALF TURN RIGHT, HOLD

- 1-4
5-6 Step left to left side, close right beside left, step forward on left, hold
7-8 Rock forward on right, rock back on left
Turn ½ turn right stepping forward on right, hold, (facing 6:00)

LEFT SIDE, TOGETHER, FORWARD, HOLD, FORWARD ROCK, HALF TURN RIGHT, HOLD

- 1-4
5-6 Step left to left side, close right beside left, step forward on left, hold
7-8 Rock forward on right, rock back on left
Turn ½ turn right stepping forward on right, hold, (facing 12:00)

LEFT LOCK STEP FORWARD, HOLD, HIP BUMPS X 4

- 1-4
5-8 Step forward on left, lock right behind left, step forward on left, hold
Touch right toe forward bumping hips right, left, right, left, (weight on left)

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SLOW RIGHT COASTER STEP, HOLD, FORWARD ROCK, QUARTER TURN LEFT, HOLD

- 1-4 Step back on right, step left beside right, step forward on right, hold
- 5-6 Rock forward on left, rock back on right
- 7-8 Turn ¼ turn left stepping left to left side, hold, (facing 9:00)

WEAVE LEFT, HOLD, SWEEP BEHIND, SIDE, CROSS, HOLD

- 1-4 Cross step right over left, step left to left side, cross right behind left, hold
- 5-6 Sweep left out and around crossing behind right, step right to right side
- 7-8 Cross step left over right, hold

RIGHT SCISSORS, HOLD AND CLAP, LEFT SCISSORS, HOLD AND CLAP

- 1-2 Step right to right side, close left beside right and slightly back
- 3-4 Cross step right over left, hold and clap
- 5-6 Step left to left side, close right beside left and slightly back
- 7-8 Cross step left over right, hold and clap

RIGHT SIDE, TOGETHER, BACK, HOLD, SLOW LEFT SHUFFLE HALF TURN LEFT, HOLD

- 1-4 Step right to right side, close left beside right, step back on right, hold
- 5-8 Slow left shuffle back turning ½ turn left stepping left, right, left, hold, (facing 3:00)

FORWARD ROCK, POINT, HOLD, BEHIND, SIDE, CROSS, HOLD

- 1-4 Rock forward on right, rock back on left, point right toe out to right side, hold
- 5-8 Cross right behind left, step left to left side, cross step right over left, hold

LEFT SIDE TOE STRUT, RIGHT CROSSING TOE STRUT, SIDE ROCK, CROSS, HOLD

- 1-2 Step left toe to left side, drop left heel to floor
- 3-4 Cross step right toe over left, drop right heel to floor
- 5-8 Rock left to left side, recover weight on right, cross step left over right, hold

RIGHT SIDE TOE STRUT, LEFT CROSSING TOE STRUT, SIDE ROCK, CROSS, HOLD

- 1-2 Step right toe to right side, drop right heel to floor
- 3-4 Cross step left toe over right, drop left heel to floor
- 5-8 Rock right to right side, recover weight on left, cross step right over left, hold

REPEAT

For an easier version of this dance, see my script for "Don't Forget"

- E N D I N G -

The music slows way down during wall 6 of main dance (facing 3:00). Dance to count 32 (you will then be facing 12:00 wall). Hold position (weight is on left) then on the word "rockin", proceed as follows:

FORWARD ROCK, COASTER STEP (RIGHT & LEFT), STEP, PIVOT ½ TURN LEFT TWICE, FORWARD ROCK, BACK, HOLD

- 1-2
- 3&4 Rock forward on right, rock back on left
- 5-8 Step back on right, step left beside right, step forward on right
- 9-12 Repeat above counts 1 - 4 on opposite foot
- 13-14 Step forward on right, pivot ½ turn left, step forward on right, pivot ½ turn left
- 15-16 Rock forward on right, rock back on left
- Step back on right, hold position and pose, arms spread out !!!!! (facing 12:00)