

Rock Mi



Level: Beginner

Record: VOXXClub

Time: 2:43

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taught at: Silvester Lingen 2013

Sequence: **A B C BREAK A A C C**
wait 8 beats

Part A: 32 beats

2 Triple DS DS DS RS
L R L RL
&1 &2 &3 &4

4 Basic DS RS turn 1/2 left
L RL
&1 &2

repeat all above to front

Part B: 16 beats

2 Basic DS RS
L RL
&1 &2

Triple DS DS DS RS
L R L RL
&1 &2 &3 &4

repeat all above - opposite footwork

Part C: 32 beats

Push Off DS RS RS RS move left
L RL RL RL
&1 &2 &3 &4

Fancy Double DS DS RS RS
R L RL RL
&1 &2 &3 &4

repeat 3 more times - alternate footwork

Break: 16 beats

16 Toe-Heel T H circle 8 left & 8 right
L L
& 1
