

## Rock Mi (Style Catalan)

Type A= 64, B= 32, C= 32 Counts / 2 Wall  
Music Rock Mi by voYclub  
Hinweis Der Tanz beginnt nach 16 Taktschlägen

Level Intermediate  
Choreograph Teddy Fournet & Bruno Moggia

### PARTIE A

#### **SECTION 1 STEP, TOGETHER, CLAP, HOLD, STEP, TOGETHER, CLAP, HOLD**

1 – 2 Step RF on the right, Bring back LF close to RF  
3 – 4 Clap, Hold  
5 – 6 Step LF on the left, Bring back RF close to LF  
7 – 8 Clap, Hold

#### **SECTION 2 ROCK STEP, STOMP, HOLD, ROCK STEP, STOMP, HOLD**

1 – 2 Rock RF behind, Recover  
3 – 4 Stomp RF, Hold  
5 – 6 Rock LF behind, Recover  
7 – 8 Stomp LF, Hold

#### **SECTION 3 TOE STRUT ½ TURN x2, SIDE ROCK STEP, STOMP, HOLD**

1 – 2 Toe Strut RF ½ turn on the right  
3 – 4 Toe Strut LF ½ turn on the right  
5 – 6 Rock RF on the right, Recover  
7 – 8 Stomp RF, Hold

#### **SECTION 4 TOE STRUT ½ TURN x2, SIDE ROCK STEP, STOMP, HOLD**

1 – 2 Toe Strut LF ½ turn on the left  
3 – 4 Toe Strut RF ½ turn on the left  
5 – 6 Rock LF on the left, Recover  
7 – 8 Stomp LF, Hold

#### **SECTION 5 STEP LOCK, SLAP, STEP LOCK, SLAP**

1 – 2 Step RF, Lock LF  
3 – 4 Slap LF with Right Hand, Hold  
5 – 6 Step LF, Lock RF  
7 – 8 Slap RF with Left Hand, Hold

#### **SECTION 6 STEP LOCK, SLAP, STEP LOCK, SLAP**

1 – 2 (Going backwards) Step RF, Lock LF  
3 – 4 Slap Left Knee with Right Hand, Hold  
5 – 6 (Going backwards) Step LF, Lock RF  
7 – 8 Slap Right Knee with Left Hand, Hold

#### **SECTION 7 STEP LOCK STEP, STEP ½ TURN, ½ TURN, HOLD**

1 – 4 Step Lock Step (R-L-R), Hold  
5 – 6 Step LF, ½ Turn on the Right  
7 – 8 Step LF ½ Turn on the Right, Hold

#### **SECTION 8 STEP LOCK STEP, HOLD, COASTER STEP, HOLD**

1 – 4 (Going Backwards) Step Lock Step (R-L-R), Hold  
5 – 8 Coaster Step (L-R-L), Hold

INTRO STOMP x2, CLAP, HOLD (x4)

END STOMP x2, CLAP, HOLD (x2)

## **PARTIE B**

### **SECTION 1 ROCKING CHAIR, STOMP, SWIVEL, HOLD**

- 1 – 2 (Jumped) Rock RF Forward, Recover
- 3 – 4 (Jumped) Rock RF Backwards, Recover
- 5 – 7 Stomp RF, Swivel RF (Heel Inside), Back
- 8 Hold

### **SECTION 2 ROCKING CHAIR, STOMP, SWIVEL, HOLD**

- 1 – 2 (Jumped) Rock LF Forward, Recover
- 3 – 4 (Jumped) Rock LF Backwards, Recover
- 5 – 6 Stomp LF, Swivel LF (Heel Inside), Back
- 7 – 8 Hold

### **SECTION 3 STEP, HOOK, STEP, HOOK, STEP LOCK STEP, HOLD**

- 1 – 2 Step RF, Hook LF Behind
- 3 – 4 Step LF behind, Hook RF in front of LF
- 5 – 8 Step Lock Step (R-L-R)

### **SECTION 4 STEP ½ TURN, ½ TURN, HOLD, ROCK STEP, STOMP, HOLD**

- 1 – 2 Step LF, ½ Turn on the Right
- 3 – 4 ½ Turn on LF, Hold
- 5 – 6 Rock RF behind, Recover
- 7 – 8 Stomp RF, Hold

## **PART C**

### **SECTION 1 SLAP x5, ROCK STEP, SCUFF**

- 1 – 2 Slap RF with Left Hand in front of LF, Slap RF with Right Hand
- 3 – 4 Slap LF with Right Hand behind RF, Slap LF with Left Hand
- 5 – 6 Slap Left Knee with Right Hand, Rock LF behind
- 7 – 8 Recover on RF, Scuff LF

### **SECTION 2 STEP LOCK STEP, SLAP, STEP LOCK, STEP, TOGETHER**

- 1 – 4 Step Lock Step (LF-RF-LF), Slap Right Knee with Right Hand
- 5 – 6 Step Lock backward (RF-LF)
- 5 – 8 Long Step RF backward, Bring back LF near RF

### **SECTION 3 TOE STRUT ½ TURN, STEP, TOGETHER, ROCKING CHAIR**

- 1 – 2 Toe Strut LF with ½ Turn on the left
- 3 – 4 Long Step RF forward, Bring back LF near RF
- 5 – 8 (Jumping) Rocking Chair (Rock LF in front and Rock LF behind)

### **SECTION 4 STOMP x2, CLAP x2, OUT x2, STOMP x2**

- 1 – 2 Stomp LF, Stomp RF
- 3 – 4 Clap x2
- 5 – 6 Out RF on the Right, Out LF on the Left
- 7 – 8 Stomp RF, Stomp LF close to RF

PHRASE : Intro (16 counts) A – B – C x2 – B – A – B – C x2 – C x2 – Final (7 counts)