

ROCKING MY BLUES TO SLEEP

Count: 32

Wall: 2

Level: beginner/improver

Choreo: Pia Rossen (DK) august 2023

Music: Rockin' My Blues To Sleep – Johnny Nicholas

Intro: 16 count, weight on L foot.

There is a 4 count TAG after wall 4 and wall 7 see below. *

(1-8) VINE R, SCUFF, L CROSS ROCK x2

1-2 step R to R side, cross L behind R

3-4 step R to r side, scuff L fwd

5-6 cross L over R, recover onto R

7-8 cross L over R, recover onto R

(9-16) ROLLING VINE L, TURN 1/8 L SCUFF R, ROCKING CHAIR (diagonal)

1-2 turn 1/4 L stepping L fwd, turn 1/2 L stepping R back

3-4 turn 1/4 L stepping L to L side, turn 1/8 L scuff R fwd

(easy option: vine L)

5-6 step R fwd recover onto L (diagonal)

7-8 step R back, recover onto L

(17-24) R HEEL GRIND TURNING 1/8 R, L SIDE, R COASTERSTEP 1/8 R, WEAVE

1-2 step fwd on R heel grind 1/8 R back to 12.00, stepping L to L side

3&4 step R back, step L next to R, step R fwd turning 1/8 R

5-6 cross L over R, step R to R side

7-8 cross L behind R, step R to R side

(25-32) CROSS L OVER R, TURN 1/2 R BOUNCHING BOTH HEELS x3, BACK ROCK
HEEL BALL STEP

1&2&3&4 cross L over R, lift both heels, lower heels to the floor x 3, turning 1/2 R

5-6 step back on R, recover onto L

7&8 dig R heel fwd, step R next to L, cross L slightly over R

Start again

* TAG: after wall 4 and wall 8

(1-4) STEP TURN 1/2 L x 2 (easy option: v step)

1-2 step R fwd, turn 1/2 L

3-4 step R fwd turn 1/2 L

ENDING: wall 15 is the last wall (12-00) Dance 25 count.

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