

SHOULDERS

Choreographers: Elaine Cook & I.C.E. – February 2022

Counts: 48 - Walls: 2 - Level: Low Intermediate (1 Restart on Wall 2 after 36 Counts)

Music: Shoulders by Johnny Reid (Album: Revival) - 3m 52s

BPM: 186 (approx.) - Intro: 8 counts (approx. 7 secs-start just before the main vocals)

Special thanks for the ongoing mentorship of Rob Fowler and the support of the ICE Pixies

S1	R Rock Recover & L Rock Recover, Step L ¼ L, Walk R, L, R, L Mambo ½ L	
12&,34&	Cross rock R over L, recover L, step R side, cross rock L over R, recover R, step L ¼ L	9:00
5,6,7	Walk forward R, L, R (can do cross walks for styling)	
8&1	Rock L forward, recover R, step L ½ L	3:00
S2	R Scissor, L Scissor, ¼ L, ¼ L, Rock R Forward, Recover L, Step R ¼ R	
2&3,4&5	Step R side, step L beside R, cross R over L, step L side, step R beside L, cross L over R	
6&7	Make ¼ turn L stepping back on R, make ¼ L stepping forward L, rock R forward	9:00
8&	Recover L, step R ¼ R	12:00
S3	L Rock Recover & R Rock Recover, Step R ¼ R, Walk L, R, L, Step R, Pivot ½ L, ½ L	
12&,34&	Cross rock L over R, recover R, step L side, cross rock R over L, recover L, step R ¼ R	3:00
5,6,7	Walk forward L, R, L	
8&1	Rock R forward, make ½ turn L (weight forward on L), make ½ turn L stepping back on R	
S4	L Coaster, R Cross, L Ballstep 1/8 R, Walk ½ R stepping R,L,R,L	
2&3	Step L back, step R beside L, step L forward	
4&	Cross R over L, rock on ball of L to L side turning 1/8 R	4:30
5,6,7,8	Making ½ turn R, walking R, L, R, L	10:30
S5	Modified R Rocking Chair, L Lock Forward, R Step Forward, L Step, Pivot ½ R	
1,2,3,4	Staying on the diagonal, rock R forward, recover L, rock R back, recover L (this is the first step of the lock)	
Restart	Wall 2 starts at 6:00: Restart dance here after 36 counts	
&5,6	Step R slightly behind L, step L forward, step R forward	
7,8	Step L forward, make ½ turn R (weight forward on R)	4:30
S6	½ R, R Lock Back, L Coaster, R Step, Pivot ½ L, R Ballstep, L Side	
1,2&3	Make ½ R stepping back on L, step R back, step L slightly across R, step R back	10:30
4&5	Step L back, step R beside L, step L forward	
6,7,8&	Step R forward, make ½ turn L (weight forward on L), rock on ball of R to R side, recover on L	4:30
	Start Over	
Ending	At the end of Wall 5, Step R Forward and pose.	12:00

Choreographer's Note: On Wall 4, in S5 & S6, the music feels slower. There is no music on Counts 2-8 of S6. From Count 1 in S6, count 2-8 in your head as you do the steps – don't rush it. It will phrase to when the music starts again for the beginning of the dance. Please see my demo and walk through videos.