

Rock This Factor

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Daniel Whittaker (UK) & Simon Ward (AUS) - November 2015

Music: Always On My Mind by Big Ali Feat. Mohamed Lamine (iTunes)

If you have any problems obtaining music please contact either Daniel or Simon on the emails above or via Facebook

START: Start on vocals (64 Count Intro), Section Footwork description Facing - No Tags, No Restarts

[1-8] Cross over, side, back rock, ball cross, side, Sailor step

- 1-2 Cross right over left, step left to left side 12:00
- 3-4 Turning to face right diagonal rock right back, Recover weight forward on left 01:00
- &5-6 Turn to face 12:00 wall and step right to right side, cross left over right, step right to right side 12:00
- 7&8 Step left behind right, step right to right side, make ¼ turn left stepping left forward 09:00

[9-16] Right samba step, Left samba step, diagonal rock step walk back right-left

- 1&2 Step right over left, rock left to left side, recover weight on right 09:00
- 3&4 Step left over right, rock right to right side, recover weight on left at the same time turn to face 7:30 07:30
- 5-6 Rock right forward, recover weight on left 07:30
- 7-8 Walk back right-left 07:30

[17-24] Step back, touch (Style), forward point, cross over, side, sailor step ¼ turn

- 1-2 Step right foot back, touch left toe slightly forward 07:30

NOTE To add style to counts 1-2 you need to bring right shoulder back and naturally your body will face 9:00 wall

(Think of the dance "All I Can Say")

- 3-4 Step left foot forward turning 1/8 left to face 6:00 wall, point right to right side 06:00
- 5-6 Step right foot over left foot, step left to left side 06:00
- 7&8 Step right behind left, step left to left side, make ¼ turn right stepping right foot forward 09:00

[25-32] Walk forward left, right, shuffle, rock step, shuffle ½ turn

- 1-2 Walk forward left-right 09:00
- 3&4 Shuffle forward L-R-L 09:00
- 5-6 Rock right foot forward, recover weight on left 09:00
- 7&8 Shuffle ½ turn right stepping R-L-R 03:00

[33-40] ½ turn walk back Left, Right, Coaster cross, Side rock, Behind-side-cross

- 1-2 Make a further ½ turn right to face 9:00 wall and walk back left, right 09:00
- 3&4 Step left foot back, step right beside left, cross left over right 09:00
- 5-6 Rock right to right side, recover weight on left 09:00
- 7&8 Step right behind left, step left to left side, cross right over left 09:00

[41-48] Side rock, cross shuffle, side hold, ball-step, ball-step ¼ turn

- 1-2 Rock left to left side, recover on right foot slightly turning body slightly right 09:00
- 3&4 Cross left over right, step right to right side, cross left over right 09:00
- 5-6 Step right to right side, hold (Styling with left hip to left) 09:00
- &7&8 Step left next to right, step right to right side, step left next to right, step right to right making ¼ turn right 12:00

[49-56] Step ½ turn, step forward, point right out-forward-out, sailor step

- 1-4 Step left foot forward, make ½ turn right, step left foot forward, touch right to right side 06:00
- 5-6 Touch right toe forward, touch right toe to right side 06:00
- 7&8 Step right behind left, step left to left side, step right to right side 06:00

[57-64] Cross over ¼ turn, back-lock-back, rock step, ½ turn, ¼ turn

- 1-2 Cross left over right, make ¼ turn left stepping right back 03:00
- 3&4 Step left foot back, cross right over left, step left foot back 03:00
- 5-6 Rock right foot back, recover weight on left foot 03:00

7-8 Make ½ turn left stepping right foot back (09:00), make ¼ turn left steppin left foot to left side
(06:00) 06:00

ENDING To end this dance facing the front wall you will dance up to count 6 on section 4 (25-32) make a further ¼ turn right and stepping left to left side to face front wall Da-Daaaa!

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