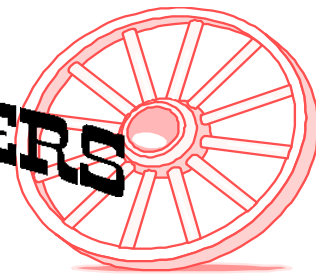




COUNTRY CLUB DANCERS



Rock Yourself to Sleep

Dance taught by Paul Hergert for the Country Club Dancers 06-20-2016

Choreographed by: Paul Hergert, January 2008, pbergert@wi.rr.com
Description: 64 count low intermediate four wall line dance
Music: **How Long** by The Eagles, 140 bpm,
Album: **Long Road Out of Eden**, October 30, 2007
Intro: 24 counts, start on lyrics

1 – 8 Shuffle forward, Rock recover, Shuffle back, Rock recover

1&2 Step right forward, step left next to right, step right forward
3-4 Rock forward on left, rock back on right
5&6 Step left back, step right next to left, step left back
7-8 Rock back on right, rock forward on left

9 – 16 Vine right ½ Turn scuff, Vine left scuff

1-2 Step right to right side, step left crossed behind right
3-4 Turn ½ turn right on ball of left step down on right, scuff left forward (6:00)
5-6 Step left to left side, step right crossed behind left
7-8 Step left to left side, scuff right forward

17 – 24 Step ½ Turn left, Hold & Clap, Step ½ Turn right, Hold & Clap

1-2 Step forward on right, pivot ½ turn left on ball of right stepping forward on left (12:00)
3-4 Step forward on right, hold & clap
5-6 Step forward on left, pivot ½ turn right on ball of left step forward on right (6:00)
7-8 Step forward on left, hold & clap

25 – 32 Diagonal bumps forward back forward back, Diagonal step touch forward back

1-4 Step R forward on a R diagonal & bump R hip forward, bump L hip back,
bump R forward, bump L back
5-8 Step R forward on a R diagonal, touch L next to R,
step L back on a L diagonal, touch R next to L

Add the 4 count tag here on wall 2 (see over) and start dance from the beginning

33 – 40 Weave right, Lindy right, Rock recover

1-4 Step R to R side, step L crossed behind R, step R to R side, step L crossed in front of R
5&6 Step right to right side, step left next to right, step right to right side
7-8 Rock back on left crossed behind right, recover on right

(over)

41 – 48 Weave left, Lindy left, Rock recover

- 1-4 Step left to left side, step right crossed behind left,
step left to left side, step right crossed over left
- 5&6 Step left to left side, step right next to left, step left to left side
- 7-8 Rock back on right crossed behind left, recover on left

49 – 56 Vine right, ¼ Turn right, Hold, Step ½ Turn right, Hold

- 1-4 Step R to R side, step L crossed behind R, turn ¼ turn R stepping R forward, hold (9:00)
- 5-8 Step forward on left, pivot ½ turn right, step forward on left, hold (3:00)

57 – 64 Step lock step, Hold, Left jazz box & Hook

- 1-4 Step right forward, slide left & lock behind right, step forward on right, hold
- 5-8 Cross left over right and step on left, step back on right,
step left next to right, hook right over left

Repeat

*Tag: Danced at the end of section 4 during wall 2, then start the dance from the beginning when using the song **How Long**:*

Diagonal step touch forward and back

- 1-4 Step R forward on R diagonal, touch L next to R,
Step L back on L diagonal, touch R next to L