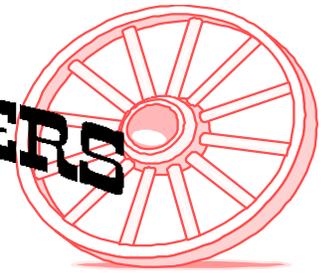




COUNTRY CLUB DANCERS



Rock Yourself To Sleep

Choreographed by Paul Hergert 01/08

Dance Taught By: Paul Hergert for the Country Club Dancers 1-21-08

Description: 64 count, 4 wall line dance

Music: How Long by The Eagles [CD: Long Road Out Of Eden]

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

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

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

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
- 5-7 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 below) and start dance from the beginning

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

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

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)
- 7-8 Step forward on left, pivot ½ turn right, step forward on left, hold (3:00)

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

**ROCK YOURSELF
TO SLEEP
1-21-08**