



11.9.2011

## Ab Rocker

**Type:** 32 counts, 1 wall  
**Level:** Absolute beginner  
**Choreographer:** Val Myers and Deana Randle (UK) April 2011  
**Music:** Wine, Women and Song by Patty Loveless (122 bpm)  
**Album:** Steppin' Country 3. Available for download from Amazon.  
**Intro:** 16 counts. Start on vocals.  
**Alternative Music:** 1 - Don't Tell Me What To Do by Pam Tillis (132 bpm)  
Album: Greatest Hits (Several others also available).  
Track available for download from Amazon and iTunes.  
2 - Rocking All Over the World by Status Quo (131 bpm)  
Various Albums  
and available for download from iTunes and Amazon.

### Rocking Chair, Walk X3, Kick

1-2 Rock forward on right foot, Recover onto left foot  
3-4 Rock back on right foot, Recover onto left foot  
5-8 Walk forward right, Left, Right, Kick left foot forward

### Walk Back X3, Hitch, Toe Struts Back X2

1-4 Walk back left, Right, Left, Hitch right knee  
5-6 Touch right toe back, Drop right heel to floor  
7-8 Touch left toe back, Drop left heel to floor

### Rumba Box

1-4 Step right foot to right side, Step Left foot beside right foot, Step right foot forward, Touch left toe beside right foot  
5-8 Step left foot to left side, Step right foot beside left foot, Step left foot back, Touch right toe beside left foot

### Knee Pops, Toe Struts Forward X2

1 Drop right heel to floor lifting left heel and pushing left knee forward  
2 Drop left heel to floor lifting right heel and pushing right knee forward  
3 Drop right heel to floor lifting left heel and pushing left knee forward  
4 Drop left heel to floor lifting right heel and pushing right knee forward  
5-6 Touch right toe forward, Drop right heel to floor  
7-8 Touch left toe forward, Drop left heel to floor

**REPEAT**