

## Rocka Hula

80 count, 4 wall, intermediate level

Choreographer: **Robbie McGowan Hickie** (UK) March 2004

Choreographed to: Rock A Hula Baby by The Deans(182 bpm) CD Love Letters

80 Count dance with 64 Count Introduction & 16 Count Ending)

Dance - Introduction (64 Counts):Music –

Quick Intro – Start dance on FIRST Heavy Beat of the music.

### **Forward Rocks. Side Rocks. Slow Coaster Steps with Holds (Left & Right).**

- 1 – 4            Rock forward on Left. Rock back on Right. Rock Left to Left side.  
Recover weight on Right.
- 5 – 8            Step back on Left. Step Right beside Left. Step forward on Left. Hold.
- 9 – 12           Rock forward on Right. Rock back on Left. Rock Right to Right side.  
Recover weight on Left.
- 13 – 16           Step back on Right. Step Left beside Right. Step forward on Right. Hold.

### **Step. Pivot 1/2 Turn Right. Step. Hold. Step. Pivot 1/2 Turn Left. Hold. Lock Step Forward. Scuff (Left & Right).**

- 1 – 4            Step forward on Left. Pivot 1/2 turn Right. Step forward on Left. Hold.
- 5 – 8            Step forward on Right. Pivot 1/2 turn Left. Step forward on Right. Hold.
- 9 – 12           Step forward on Left. Lock Right behind Left. Step forward on Left. Scuff Right forward.
- 13 – 16           Step forward on Right. Lock Left behind Right. Step forward on Right. Scuff Left forward.

### **Forward Rock. Step Back. Hold. Slow Shuffle 1/2 Turn Right with Hold x 2. Right Coaster Cross. Hold.**

**Slow**

- 1 – 4            Rock forward on Left. Rock back on Right. Step back on Left. Hold.
- 5 – 8            Right shuffle back turning 1/2 turn Right stepping Right. Left. Right. Hold.
- 9 – 12           Left shuffle forward turning 1/2 turn Right stepping Left. Right. Left. Hold.
- 13 – 16           Step back on Right. Step Left beside Right. Cross step Right over Left. Hold.

### **Side Toe Strut. Crossing Toe Strut. Side Rock. Cross. Hold (Left & Right).**

- 1 – 2            Step Left toe to Left side. Drop Left heel to floor.
- 3 – 4            Cross step Right toe over Left. Drop Right heel to floor.
- 5 – 8            Rock Left to Left side. Recover weight on Right. Cross step Left over Right. Hold.
- 9 – 10           Step Right toe to Right side. Drop Right heel to floor.
- 11 – 12           Cross step Left toe over Right. Drop Left heel to floor.
- 13 – 16           Rock Right to Right side. Recover weight on Left. Cross step Right over Left. Hold.  
End Of Introduction

Continue with Main Dance (See Page 2)

Ending to dance (16 Counts): The music slows way down during Wall 6 of Main dance (Facing 3 o'clock) ... Dance to Count 32 (You will then be Facing 12 o'clock Wall) ... Hold position (Weight is on Left) then on the word "Rockin" ... proceed as follows:

### **Forward Rock. Coaster Step (Right & Left). Step. Pivot 1/2 Turn Left x 2. Forward Rock. Back. Hold.**

- 1 – 2            Rock forward on Right. Rock back on Left.
- 3&4            Step back on Right. Step Left beside Right. Step forward on Right.
- 5 – 8            Repeat above Counts 1 – 4 on opposite foot.
- 9 – 12           Step forward on Right. Pivot 1/2 turn Left. Step forward on Right. Pivot 1/2 turn Left.
- 13 – 14           Rock forward on Right. Rock back on Left.
- 15 – 16           Step back on Right. Hold position and Pose ... Arms spread out !!!!! (Facing 12 o'clock)

## **ROCKA HULA - MAIN DANCE**

### **Left Side. Together. Forward. Hold. Forward Rock. Half Turn Right. Hold.**

- 1 – 4            Step Left to Left side. Close Right beside Left. Step forward on Left. Hold.
- 5 – 6            Rock forward on Right. Rock back on Left.

7 – 8 Turn 1/2 turn Right stepping forward on Right. Hold. (Facing 6 o'clock)

**Left Side. Together. Forward. Hold. Forward Rock. Half Turn Right. Hold.**

1 – 4 Step Left to Left side. Close Right beside Left. Step forward on Left. Hold.

5 – 6 Rock forward on Right. Rock back on Left.

7 – 8 Turn 1/2 turn Right stepping forward on Right. Hold. (Facing 12 o'clock)

**Left Lock Step Forward. Hold. Hip Bumps x 4.**

1 – 4 Step forward on Left. Lock Right behind Left. Step forward on Left. Hold.

5 – 8 Touch Right toe forward bumping hips Right. Left. Right. Left. (Weight on Left)

**Slow Right Coaster Step. Hold. Forward Rock. Quarter Turn Left. Hold.**

1 – 4 Step back on Right. Step Left beside Right. Step forward on Right. Hold.

5 – 6 Rock forward on Left. Rock back on Right.

7 – 8 Turn 1/4 turn Left stepping Left to Left side. Hold. (Facing 9 o'clock)

**Weave Left. Hold. Sweep Behind. Side. Cross. Hold.**

1 – 4 Cross step Right over Left. Step Left to Left side. Cross Right behind Left. Hold.

5 – 6 Sweep Left out and around crossing behind Right. Step Right to Right side.

7 – 8 Cross step Left over Right. Hold.

**Right Scissors. Hold and Clap. Left Scissors. Hold and Clap.**

1 – 2 Step Right to Right side. Close Left beside Right and slightly back.

3 – 4 Cross step Right over Left. Hold and Clap.

5 – 6 Step Left to Left side. Close Right beside Left and slightly back.

7 – 8 Cross step Left over Right. Hold and Clap.

**Right Side. Together. Back. Hold. Slow Left Shuffle Half Turn Left. Hold.**

1 – 4 Step Right to Right side. Close Left beside Right. Step back on Right. Hold.

5 – 8 Slow Left shuffle back turning 1/2 turn Left stepping Left. Right. Left. Hold.

(Facing 3 o'clock)

**Forward Rock. Point. Hold. Behind. Side. Cross. Hold.**

1 – 4 Rock forward on Right. Rock back on Left. Point Right toe out to Right side. Hold.

5 – 8 Cross Right behind Left. Step Left to Left side. Cross step Right over Left. Hold.

**Left Side Toe Strut. Right Crossing Toe Strut. Side Rock. Cross. Hold.**

1 – 2 Step Left toe to Left side. Drop Left heel to floor.

3 – 4 Cross step Right toe over Left. Drop Right heel to floor.

5 – 8 Rock Left to Left side. Recover weight on Right. Cross step Left over Right. Hold.

**Right Side Toe Strut. Left Crossing Toe Strut. Side Rock. Cross. Hold.**

1 – 2 Step Right toe to Right side. Drop Right heel to floor.

3 – 4 Cross step Left toe over Right. Drop Left heel to floor.

5 – 8 Rock Right to Right side. Recover weight on Left. Cross step Right over Left. Hold.