

Rock My Life Away

Choreographed by Brian Barakauskas, KY, USA

Type: 4-wall, 48-count, with East Coast Swing-Lilt motion
Level: Intermediate
Music: "Rockin' My Life Away" by Jerry Lee Lewis, or any east coast swing-lilt rhythm

Note: The direction of each step or weight change is defined by points of the clock. The direction that a dancer faces may also be defined by points of the clock. Stage "front" shall be denoted as 12:00; Stage "right" shall be denoted as 3:00; Stage "back" shall be denoted as 6:00; and Stage "left" shall be denoted as 9:00. Diagonal directions of travel shall be denoted around the clock as 1:30, 4:30, 7:30, and 10:30, respectively. The amount of rotation for pivots and turns is determined from the amount of change in clock directions and refers to the rotation of the dancer's footwork, but does not necessarily indicate the amount of body rotation, or the body's "facing" contra or open alignment while stepping.

Step: Touch Twist-Kick; Vine; Double Side Kick

1	LF	step diagonally forward crossing in front of RF (1:30, facing 12:00)
2	RF	touch toe beside LF, twisting body left (facing 10:30)
3	RF	twisting body back right, kick diagonally side right (1:30)
4	RF	step diagonally backward crossing behind LF (7:30)
5	LF	step to left side (9:00)
6	RF	step diagonally forward crossing in front of LF (10:30)
7	LF	kick diagonally side left (9:00, facing 12:00)
8	LF	kick diagonally side left (9:00, facing 12:00)

Step-Hold; Spiral Turn; Feathered Touch Triple; Rock-Step

9	LF	step forward (12:00)
10	---	hold position (facing 12:00)
11	LF	spiral turn, rotating 1 time fully to right (starting and finishing facing 12:00)
12	RF	step forward (12:00)
13	LF	rotating 1/4 to right, touch behind R heel (3:00), weight on RF
&	---	rotating 1/4 to right, lift L knee, (6:00), weight on RF
14	LF	step backward (12:00, facing 6:00)
15	RF	rock step backward (12:00)
16	LF	recover back in place (6:00)

Step-Hold; Spiral Turn; Feathered Touch Triple; Coaster Triple

17	RF	step forward (6:00)
18	---	hold position (facing 6:00)
19	RF	spiral turn, rotating 1 time fully to left (starting and finishing facing 6:00)
20	LF	step forward (6:00)
21	RF	rotating 1/4 to left, touch behind L heel (3:00), weight on LF
&	---	rotating 1/4 to left, lift R knee, (6:00), weight on LF
22	RF	step backward (6:00, facing 12:00)
23	LF	step backward (6:00)
&	RF	step close to LF
24	LF	step forward (12:00)

Touch-Kick; Sailor Triple; Chase Turn; Rock-Step

25	RF	touch toe beside LF, twisting body left (facing 10:30)
26	RF	twisting body back right, kick diagonally side right (1:30)
27	RF	step diagonally backward crossing behind LF (7:30, facing 1:30)
&	LF	step close to RF
28	RF	rotating 1/8 to right, step forward (3:00)
29	LF	step forward (3:00)
30	---	chase turn, rotating 1/2 to right (facing 9:00), weight on LF
31	RF	rock step backward (3:00)
32	LF	recover back in place (9:00)

Right Side Chassé Triple; Kick Ball Step; Left Side Chassé Triple; Kick Ball Step

33	RF	step to right side (12:00)
&	LF	step close to LF
34	RF	step to right side (12:00)
35	LF	kick backward (3:00)
&	LF	step slightly behind RF
36	RF	step in place (facing 9:00)
37	LF	step to left side (6:00)
&	RF	step close to RF
38	LF	step to left side (6:00)
39	RF	kick backward (3:00)
&	RF	step slightly behind LF
40	LF	step in place (facing 9:00)

Right Kick-Step; Left Kick-Step; Full Chase Turn; Rock-Step

41	RF	kick to right side (12:00)
&	RF	step close to LF
42	LF	kick to left side (6:00)
&	LF	step close to RF
43	RF	step forward (9:00)
44	LF	chase turn, rotating 1/2 to left, step forward (3:00)
45	RF	step forward (3:00)
46	---	chase turn, rotating 1/2 to left (facing 9:00), weight on RF
47	LF	rock step backward (3:00)
48	RF	recover back in place (9:00)