



ROCK ME MAMA (a/k/a Wagon Wheels)

Choreographed by Barb and Dave Monroe / www.poconocowboy.com

Music: Wagon Wheel by Darius Rucker

I Can Take It From There by Chris Young

32 count Beginner Partner Dance

Couples start in cape position facing LOD with weight on L

Rocking Chair, Jazz Box 1/4 Turn

- 1-2 Rock R forward, replace weight L
- 3-4 Rock R back, replace weight L
- 5-8 Cross R over L, step L back, step R with 1/4 turn R, touch L
(now facing OLOD in Tandem/Indian position)

Side Shuffle, Rock Step, Side Shuffle, Rock 1/4 Turn

- 9&10 Side Shuffle L, R, L
- 11-12 Cross rock R behind L, replace weight L
- 13&14 Side Shuffle R,L,R
- 15-16 Turn 1/4 L to face LOD and rock L back, rock R forward

Step, Scuff, Step 1/2 Turn, Strut, Strut

- 17-18 Step L forward, Scuff R
- 19-20 Step R forward (bring R arms over lady's head and drop L hands), pivot 1/2 turn L to RLOD, replace weight L (R arms behind man's back in hammerlock, pickup L hands in front of lady)
- 21-24 R toe heel strut, L toe heel strut

Rocking Chair, Step 1/2 Turn, Walk, Walk

- 25-28 Rock forward on R, recover on L, rock back on R, recover on L
- 29-30 Step R forward (drop R hands and bring L hands over lady's head), pivot 1/2 turn L to LOD (pick up L hands returning to cape position), replace weight L
- 31-32 Walk R, Walk L

Repeat