

Dock of The Bay

Count: 64 **Wall:** 4 **Level:** Improver / Intermediate

Choreographer: Rachael McEnaney-White (UK/USA) October 2015

Music: "Sittin' On The Dock Of The Bay" by Nils Landgren & Joe Sample (Album: Creole Love Call) Approx 4.33mins, 100bpm

Count In: 16 counts from start of track, dance begins on vocals.

Notes: Thank you to Louis St George for suggesting this track

[1 – 8] Skate R, skate L, R diagonal shuffle, skate L, skate R, L diagonal shuffle

1 2 3 & 4 Skate R to right diagonal (1), skate L to left diagonal (2), step R to right diagonal (3), step L next to R (&), step R to right diagonal (4) 12.00

5 6 7 & 8 Skate L to left diagonal (5), skate R to right diagonal (6), step L to left diagonal (7), step R next to L (&), step L to left diagonal (8) 12.00

[9 – 16] R cross rock, R chasse, L cross, R side, L behind, ¼ turn R

1 2 3 & 4 Cross rock R over L (1), recover weight L (2), step R to right side (3), step L next to R (&), step R to right side (4) 12.00

5 6 7 8 Cross L over R (5), step R to right side (6), cross L behind R (7), make ¼ turn right stepping forward R (8) 3.00

[17 – 24] L fwd shuffle, R fwd rock, ½ turn R doing R shuffle, ½ turn R doing L shuffle

1 & 2 3 4 Step forward L (1), step R next to L (&), step forward L (2), rock forward R (3), recover weight L (4) 3.00

5 & 6 Make ½ turn right stepping forward R (5), step L next to R (&), step forward R (6) 9.00

7 & 8 Make ½ turn right stepping back L (7), step R next to L (&), step back L (8) (Easy option counts 5 – 8: R shuffle back, L shuffle back) 3.00

[25 – 32] Walk back R-L, R back toe strut, L back rock, L fwd, ¼ pivot R

1 2 3 4 Step back R (1), step back L (2), touch R toe back (3), drop R heel to floor (4)

(Styling: Don't accent the toe strut, keep a groove going...also as you step back R take R shoulder back and same for L etc) 3.00

5 6 7 8 Rock back L (5), recover weight R (6), step forward L (7), pivot ¼ turn right (8) 6.00

[33 – 40] L cross toe strut with hip bumps, R side toe strut with hip bumps, L cross, R side, L sailor

1 & 2 Touch ball of L across R as you bump hips left (1), bump hips right (&), drop L heel to floor as you bump hips left (2) 6.00

3 & 4 Touch ball of R to right side as you bump hips right (3), bump hips left (&), drop R heel to floor as you bump hips right (4) 6.00

5 6 7 & 8 Cross L over R (5), step R to right side (6), cross L behind R (7), step R next to L (&), step L to left side (8) 6.00

[41 – 48] R cross toe strut with hip bumps, L side toe strut with hip bumps, R cross, L side, R sailor with ¼ turn R

1 & 2 Touch ball of R across L as you bump hips right (1), bump hips left (&), drop R heel to floor as you bump hips right (2) 6.00

3 & 4 Touch ball of L to left side as you bump hips left (3), bump hips right (&), drop L heel to floor as you bump hips left (4) 6.00

5 6 7 & 8 Cross R over L (5), step L to left side (6), cross R behind L (7), make ¼ turn right stepping L next to R (&), step forward R (8) 9.00

[49 – 56] Diagonal step touches, R rock fwd, R coaster step

& 1 2 Step diagonally forward L (&), touch R next to L (1), hold (2) 9.00

& 3 & 4 Step diagonally forward R (&), touch L next to R (3), step diagonally forward L (&), touch R next to L (4) 9.00

5 6 7 & 8 Rock forward R (5), recover weight L (6), step back R (7), step L next to R (&), step forward R (8) 9.00

[57 – 64] L jazz box with ¼ turn L, L jazz box with ¼ turn L triple step (chasse)

1 2 3 4 Cross L over R (1), step back R (2), make ¼ turn L stepping L to left side (3), step forward R (4) 6.00

5 6 7 & 8 Cross L over R (5), step back R (6), make ¼ turn L stepping L to left side (and slightly forward) (7), step R next to L (&), step L to left side (and slightly forward) (8) 3.00

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