

Rough & Ready

Choreographer: Rob Fowler & Nicola Lafferty

Music: Trace Adkins – 'Rough & Ready' (available on I-tunes)

4 Wall Intermediate Country – 80 count Two Step Line dance

Side shuffle right, half turn left, side shuffle left, Rock forward right recover side shuffle right

- 1&2 Right side shuffle
3&4 Half turn left doing left side shuffle
5, 6 Rock forward onto right, recover back onto left
7&8 Right side shuffle

Left box step with ¼ turn left, step forward onto right, full turn left hitching left, step onto left run forward right, left. Right

- 1, 2 Cross left over right, step back right
3, 4 Make ¼ left stepping forward onto left, step forward onto right
5, 6 Make full turn left on ball of right foot hitching left knee, step forward left
7&8 Run forward, right, left, right.

Left heel, hook, heel, hitch, together, toe splits. Right heel, hook, heel, hitch, together, heel splits.

- 1&2 Left heel forward, hook left heel In front of left shin, touch left heel forward
&3&4 Hitch left knee, step left foot next to right, split toes out, bring toes back together.
5&6 Touch right heel forward, hook right heel in front of left shin, touch right heel forward
&7&8 Hitch right knee, step right next to left, split heels out, bring heels together

Right side rock, right cross shuffle, Left side rock, behind side cross

- 1, 2 Rock right to right side, recover to left,
3&4 Right cross shuffle
5, 6 Rock Left to left side, recover to right
7&8 Step left behind right, step right to right side, cross left over right.

Switch Steps, side rock cross and heel

- 1&2& Touch right to right side, step right next to left, touch left to left side step left next to right
3&4& Touch right heel forward, step right next to left, touch left heel forward, step left next to right
5, 6 Rock right to right side, recover to left
7&8 Cross right over left, step left to left side, touch right heel diagonally forward right.

Continue.....Pg 2

& Cross, ¼ turn back shuffle, rock recover, 1 ½ turn left

&1, 2 Step right foot next to left, cross left foot over right, make ¼ turn left stepping back onto right

3&4 Left shuffle back

5, 6 Rock back right, recover forward left

7&8 Make ½ turn left stepping back onto right, make a half turn left stepping forward onto left, make a ½ left stepping back onto right.

Left shuffle back, rock recover, right diagonal shuffle, left diagonal shuffle

1&2 Left shuffle back

3&4 Rock back onto right recover forward onto left

5&6 Right diagonal shuffle

7&8 Left diagonal shuffle

Skate right left, right left, Rock ¼ turn, side shuffle right

1, 2 Skate right to right diagonal, skate left to left diagonal

3, 4 Skate right to right diagonal, Skate left to left diagonal

5, 6 Rock forward right, recover back onto left

7&8 Make ¼ turn right, right side shuffle

Cross side, behind side cross, side rock behind side cross, side rock behind side

cross

1, 2 Cross left foot over right, step right to right side,

3&4 Step Left foot behind right, Step right to right side, cross left foot over right

5, 6 Rock right foot diagonally forward recover back onto left,

7&8 Step right behind left foot, step left to left side, cross right over left

9, 10 Rock left diagonally to the left, recover back onto right

11&12 Step left foot behind right, step right to right side, cross left over right

Start Again

& Enjoy