



# Rock And A Soft Place

---

**Choreographed by** Mark Simpkin – July 2023

**Music:** Rock and A Hard Place by Bailey Zimmerman

3.27mins BPM 122

**Dance Description:** 36 Counts, 2 Wall, Improver Waltz

Intro: 24 Counts. Note; the vocals don't start for another 6 counts, so you start in the silence!

Start Weight on R

**Restart #** Wall - 2 Restart after 30 counts – change count 30 from **1/4 R** to **Side R** to restart 12.00

---

## L TWINKLE 1/4 TURN L – FWD R – L FWD SHUFFLE

1-2-3 Cross L over R, Rock R to R side, Recover weight on L make 1/4 turn L (9.00)

4-5&6 Step forward R, Stepping L forward, Step R beside L, Step L forward

## ROCK R FWD – RECOVER L – TURN 1/2 R STEPPING R FWD – L FWD – DRAG R TO L – DROP WGT ON R

1-2-3 Rock R forward, Recover L, Turn 1/2 R stepping R forward (3.00)

4-5-6 Step L forward, Drag R to L, Drop weight on R

## L FWD BASIC – STEP BACK R – 1/2 L BASIC

1-2-3 Step L forward, Step R beside L, Step L in place beside R

4-5-6 Step R back, Turn 1/2 L stepping L forward, Step R slightly forward (9.00)

## L FWD BASIC – STEP BACK R – 1/4 L SIDE – CROSS R OVER L

1-2-3 Step L forward, Step R beside L, Step L in place beside R

4-5-6 Step R back, Make a 1/4 turn L stepping L to L side, Cross R over L (6.00)

## TURN 1/4 L STEPPING L FWD – R FWD – 1/2 L PIVOT – 1/4 L STEPPING R TO R SIDE – L BEHIND – 1/4 R FWD

1-2-3 Turn 1/4 L stepping L forward, Step R forward, 1/2 L Pivot (9.00)

4-5-6 Turn 1/4 L stepping R to side, Step L behind R, Turn 1/4 R stepping forward on R (3.00) #

## L FWD – 1/2 R PIVOT – 1/4 R STEPPING L TO L SIDE – ROCK R BEHIND L – L TO L SIDE – R TO R SIDE

1-2-3 Step L forward, 1/2 R pivot, Turn 1/4 R stepping L to L side (6.00)

4-5-6 Rock R back, Step L to L side, Step R to R side

**Mark Simpkin:** [msimpkin@bigpond.net.au](mailto:msimpkin@bigpond.net.au) – [southerncrosslinedance.com](http://southerncrosslinedance.com) [YouTube](#) – [Southern Cross Linedancers](#)