

My Feet Are on the Rock

Intermediate+ Line

Recorded by: I Am They Time 3:04 Genre: Contemporary Christian
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Sequence: Wait 8 A – A* – B – A – B – Break – B* – B* – B**



PART A (32 Beats)

DS DS(xib) RS/Spin S RS Dbl/Hop Tch(xif) S Dbl/Hop Tch/Up
&1 &2 & 3 4 &5 e& a 6 & a7 e & 8
L R LR R L RL R R L L R R L L

Stomp DT(xif) DT(os) BA BA BA S K DS RS
1 &2 &3 & 4 & 5 &6 &7 &8
L R R R L R L R R LR

S Knee Pop/Talk to the hand S Knee Pop/Talk to the hand
1 2 3 4
L R R L

S Dbl/Hop Tch(xif) S Dbl/Hop Tch/Up
1 e& a 2 3 e& a 4 &
L R R L L R R L L

Stamp(os) Stamp(os) Stamp(os) Stamp(os) BA/BA H/H RS RS Dbl/Hop Tch
1 2 3 4 & e a 5 &6 &7 e & 8
L L R R R L R/L RL RL R R L

Canadian Whirlwind

Turn 360° L on Spin

Ghostbuster

Turn 360° Right

Stop

*Lean into the Step with attitude
“Stop” hand like directing traffic
2nd time thru use raised R hand*

Bada Bing

Stamp & Crimp

PART A* (32 Beats)

Hop Dbl(os) H BA S R(ib)S Dbl/Hop Tch(xif)
& e a 1 & 2 & 3 e& a 4
L R L R R L R L R L

S BA(xib) BA(os) BA(os) BA(xib) BA(os) Lift
1 & 2 & 3 & 4
L R L R L R L

DS Dbl(os) R/H RS
&1 &2 & 3 &4
L R R L RL

S DS(xif) S DS(xib) S
1 &2 & 3& 4
R L R L R

S Knee Pop/Fear hands S Knee Pop/Folded arms
1 2 3 4
L R R L

S Dbl/Hop Tch(xif) S Dbl/Hop Tch/Up
1 e& a 2 3 e& a 4 &
L R R L L R R L L

Stamp(os) Stamp(os) Stamp(os) Stamp(os) BA/BA H/H RS RS Dbl/Hop Tch
1 2 3 4 & e a 5 &6 &7 e & 8
L L R R R L R/L RL RL R R L

JAG

Joey Lift

Eric

Dennison

Stop Fear

*Lean into the Step with attitude
1^s lean = “Fear” hands;
2nd lean = folded arms across chest*

Bada Bing

Stamp & Crimp

PART B (40 Beats)

S DS(xif) DR/S DR/S R/H/Flap S DS RS
 1 &2 & 3 & 4 & 5 & 6 &7 & 8
 L R R L L R LR R L R LR

Sam Turk

S DT(xif) DT(os) BA Down Spin S RS Lift
 1 &2 &3 & 4 5 6 &7 &8
 L R R Both L R LR L

Scotty Spin

Turn 360° L on Spin L

S Tch/Clap S Tch/Clap S Tch/Clap S Tch/Clap
 1 2 3 4 5 6 7 8
 L R R L L R R L

Step & Claps

With Attitude

S S S S
 1 2 3 4
 L R L R

Dance in the Rain

360° turn L to front

Hands up in "V" – dance in rain

BA/BA(os) Spin 360° S Pause
 & 1 2 3 4
 L R L R

Spin & Bing

Spin – on ball of L foot

RS DS Dbl H/H Up
 &1 &2 & 3 & 4
 LR L R L/R R

Burton's Rock

DS DS BA/Slide RS
 &1 &2 & 3 &4
 R L R R LR

Fancy Chug

B Leave off last 8 beats (Burton's Rock & Fancy Chug).*

*B** ONLY Burton's Rock & Fancy Chug plus 2 BIG Steps, R fist punch the sky to end.*

BREAK (Talk – 48 Beats)

Stamp Stamp Tch(xif) Turn (1/2 L) Push Push Push Push (Turn 1/2 L on Pushes)
 1 2 3 4 5 6 7 8
 L L R Both R R R R

The ROCK x 3

Turn 1/4 on 1st & 2nd Stomps

Turn 1/2 to front on 3rd time thru

Stamp Stamp Clap Clap Clap Whoop (R Foot up R arm fisted circle) Stomp Pause
 1 2 3 & 4 5-6 7 8
 R R R

Step Legend:

DS	Double Step	xif	Cross in front	H	Heel	L	Left
RS	Rock Step	xib	Cross in back	BR	Brush	R	Right
Dbl	Double Toe	os	Outside (to the side)	BA	Ball	S	Step
T	Toe	if	In front	Tch	Touch	SL	Slide
K	Kick	ib	In back				