

ANCHORED IN THE ROCK OF AGES

THE KINGDOM HEIRS

LEFT FOOT LEAD

CHOREO –Linda Mills, 23037 Twp Rd. 534 Sherwood Park, Ab. Canada. Email

lv2clog@telus.net

1 780 467 2530

RECORDING – SON 287

GOSPEL MUSIC/MODERATE SPEED [Speed up music]

INTERMEDIATE LINE DANCE

WAIT 16 BEATS

SEQUENCE A B BREAK C A B B* B*+1RS

BEAT # STEP

PART A 32 BEATS

8	1	FISHER STEP	DS DT[f]H/C BALL[xif]HEEL TCH[os] H/C BALL[xif] HEEL RS DS RS L R L R R L R L L RL R LR &1 & 2 & 3 & 4 & 5 &6 &7 &8
8	2	CHARLESTONS[1/4left each]	[turning ¼ left] DS TCH[xif] H/C BALL[xib]HEEL[xib] TCH[xib] H/C L R L R R L L &1 & 2 & 3 & 4

REPEAT THESE 16 BEATS TO FACE THE FRONT

PART B 32 BEATS

4	1	ROOSTER RUN	DS DS[xif]BALL[os]BALL[xib]BALL[os]STEP[xif] [moving left] L R L R L R &1&2 & 3 & 4
4	2	FLEAFICKERS	DT[ots] H/C DT[b] STEP L R L R & 1 & 2
8	2	ROCKING CHAIRS [1/4 left each]	

REPEAT THESE 16 BEATS TO FACE THE FRONT

BREAK 2 BEATS

2	2	TOE HEELS	
---	---	-----------	--

PART C 16 BEAT

4	1	DOUBLE ROCK SLUR	DS DS[xib] BALL[os] HEEL[f] SLUR[xib] STEP[xib] L R L R L L &1&2 & 3 & 4
4	1	TRIPLE [turning ½ right]	

REPEAT THESE 8 BEATS TO FACE THE FRONT

REPEAT PART A – Fisher step, 2 Charlestons 1/4left each – repeat all to face front.

REPEAT PART B – Rooster run, 2 Flea flickers, 2 Rocking chairs – repeat all to face front.

PART B* 48 BEATS

4	1	ROOSTER RUN	
4	2	FLEA FLICKERS	
8	2	ROCKING CHAIRS [1/4 left each]	

REPEAT THESE 16 BEATS TO FACE THE FRONT

8	2	VINES [moving left and right]	DS DS[xib] DS[os] RS L R L RL &1 &2 &3 &4
4	1	TRIPLE DOUBLE	DS DS[f] DS[f] DT H/C [moving forward] L R L R L &1 &2 &3 & 4

REPEAT PART B*

ADD I ROCK STEP!

TERMINOLOGY

DOUBLE STEP	DS
BALL	BA
CLICK	H/C
CROSS IN FRONT	xif
CROSS IN BACK	xib
OUT TO SIDE	ots
BACK	b
FRONT	f
PAUSE	p
RIGHT	R or r
LEFT	L or l
STOMP	STO
UP & ACROSS	ux
BRUSH	BR
ROCK	R
ROCK STEP	RS
STEP	S
TOE	T
HEEL	HL
TOUCH	TCH
SLUR	SLUR
DRAG	DR
SLIDE	SL
KICK	KICK
SCOOT	SCOOT