

# Rock Steady

Count: 32

Wand: 2

Ebene:

Choreograf/in: Vickie Vance-Johnson (USA)

Musik: West Coast Swing



## **SIDE ROCK, RECOVER, SIDE SHUFFLE, SIDE ROCK, RECOVER, SIDE SHUFFLE**

- 1 Rock right foot to side, moving hips right
- 2 Rock left foot to side, moving hips right
- 3&4 Shuffle to the right on right, left, right
- 5 Rock left foot to side, moving hips left
- 6 Rock right foot to side, moving hips right
- 7&8 Shuffle to the left on left, right, left

## **POINT, STEP, CROSS, REPEAT TWICE, SCUFF, STOMP**

- 9 Tap right toe to side
- & Step right foot to center
- 10 Cross step left foot in front of right foot
- 11 Tap right toe to side
- & Step right foot to center
- 12 Cross step left foot in front of right foot
- 13 Tap right toe to side
- & Step right foot to center
- 14 Cross step left foot in front of right foot
- 15 Scuff right foot in front of left
- 16 Stomp right foot

## **POINT, STEP, CROSS, REPEAT TWICE, SCUFF, STOMP**

- 17 Tap left toe to side
- & Step left foot to center
- 18 Cross step right foot in front of left foot
- 19 Tap left toe to side
- & Step left foot to center
- 20 Cross step right foot in front of left foot
- 21 Tap left toe to side
- & Step left foot to center
- 22 Cross step right foot in front of left foot
- 23 Scuff left foot in front of right
- 24 Stomp left foot

## **STEP, CROSS, HOLD, REPEAT TWICE, BACK, ROCK, RECOVER**

**When doing steps 25 through 29 you will be moving in a half circle or inverted "C" to your right**

- & Step right foot
- 25 Cross left foot in front of right
- 26 Hold
- & Step right foot
- 27 Cross left foot in front of right
- 28 Hold
- & Step right foot
- 29 Cross left foot in front of right
- 30 Hold

**Steps 31 through 32 is an anchor step and should be done smoothly**

31 Step left foot behind right foot  
& Rock right foot forward  
32 Rock left foot backwards

**REPEAT**

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