

My Feet are on The Rock

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Terrie Sanchez (USA) - July 2020

Music: My Feet Are on the Rock - I AM THEY : (amazon)



Part 1

[1-8] Lindy Right, Lindy Left

1&2,3,4 Chasse Right, Left, Right. Step Left behind Right, Recover on Right

5&6,7,8 Chasse Left, Right, Left. Step Right behind Left, Recover on Left

[1-4] Right Kick Ball Change, Step Right, Step Left behind Right, Recover on Right

1&2,3 Kick Right, Step on Ball of Right Foot, Step Left. Step Right,

4& Step Left behind Right, Recover on Right

[5-8] Left Kick Ball Change, Samba Left

5&6 Kick Left, Step on Ball of Left Foot, Step Right

7&8 Step Left to Left side, Step Right, Step Left Together

[1-8] Shuffle RLR, ½ Turn, Shuffle LRL ¼ Turn

1&2,3,4 Shuffle Forward Right, Left, Right, Step Left, ½ Turn Pivot, Step Right 6:00

5&6,7,8 Shuffle Left, Right, Left, step R, ¼ Turn Left, Step Left 9:00

[1-8] ½ Turn Left, Shuffle RLR, , Step Left, Kick, Kick, Touch

1,2,3&4 Step Right, ½ Turn Pivot, Step Left, Shuffle Right, Left, Right 3:00

5,6,7,8 Step Left, Kick Right Twice, Touch Right

TAG: My Feet Are on The Rock

[1-8] V Step, Stomps, Heels Out, Heels In, Clap

1,2 Right Foot Forward on Right Diagonal. Left Foot Forward on Left Diagonal

3,4,5,6 Right Foot Back, Left Foot Back Together. Stomp Right, Stomp Left

7,8 Swivel Heels out and back together with Clap

Part 2: Do this 3 times while the female is singing, then return to Part 1

[1-8] Cross Rock Shuffles, 9-16 My Feet are on the Rock TAG

1,2,3&4 Right cross rock, recover Left, shuffle RLR

5,6,7&8 Left Cross Rock, recover Right, shuffle LRL

9-16 TAG: V Step, Stomps, Heels Out, Heels In, Clap

Optional: Clap Twice on the Stomps and once on the Heels In.

The TAG is done twice in the song, 3 times in Part 2, and twice at the end.

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