

# Rock Steady (2006)

**COPPERKNOB**  
BY STEPSHEETS

Count: 32

Wall: 2

Level: Improver

Choreographer: Gemma Haile (UK)

Music: Rock Steady - All Saints



## STEP, LOCK, RIGHT SHUFFLE, ROCK REPLACE, LEFT ANCHOR

- 1-2 Step right forward, lock left behind right  
3&4 Step right forward, step left beside right, step right forward  
5-6 Rock forward left, replace right  
7&8 Cross rock left behind right, recover onto right, step left back

## WALK BACK, COASTER STEP, WALK FORWARD, STEP TURN STEP

- 1-2 Step back right, step back left  
3&4 Step back right, step left beside right, step right forward  
5-6 Step forward left, step forward right  
7&8 Step forward on left, pivot ½ turn over right shoulder, step forward left

## KNEE ROLLS, KNEE POPS

- 1-2 Roll right knee in  
3-4 Roll left knee in  
5-6 Pop right knee forward, pop right knee back, pop left knee forward, pop left knee back  
7&8 Pop right knee forward, pop left knee forward, pop right knee forward

## ROCK FORWARD REPLACE, LOCK STEP BACK, ROCK BACK REPLACE, RIGHT LEFT APART, RIGHT LEFT TOGETHER

- 1-2 Rock forward on left, replace right  
3&4 Step left back, lock right in front of left, step left back  
5-6 Rock back on right, replace left  
&7 Step right out, step left out  
&8 Step right in, step left in

## REPEAT

## RESTART

On wall 4, after count 8, restart from the beginning

## TAG

On wall 10 after count 16

- 1-2 Step forward right, touch left next to right  
3-4 Step left back, touch right next to left
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