

# Rocksteady

**Count:** 32

**Wall:** 1

**Level:** Improver social cha

**Choreographer:** Helen Peers (UK) & Cathy Hodgson (UK)

**Music:** Rock Steady - All Saints



## **RIGHT ROCK, SHUFFLE BACK, LEFT ROCK, SHUFFLE FORWARD**

- 1-2 Rock forward on right, recover onto left
- 3&4 Step back on right, bring left next to right, step back on right
- 5-6 Rock back on left, recover onto right
- 7&8 Step forward on left, bring right next to left, step forward on left

## **RIGHT SIDE ROCK, CROSS SHUFFLE, LEFT SIDE ROCK, CROSS SHUFFLE**

- 1-2 Rock right to right side, recover onto left
- 3&4 Cross right over left, step left to left side, cross right over left
- 5-6 Rock left to left side, recover onto right
- 7&8 Cross left over right, step right to right side, cross left over right

## **½ TURN, RIGHT SHUFFLE, STEP, HALF TURN, LEFT SHUFFLE**

- 1-2 ¼ turn left stepping back on right, ¼ turn left stepping left to side
- 3&4 Step forward right, bring left next to right, step forward on right
- 5-6 Step forward left, half turn over right shoulder
- 7&8 Step forward left, bring right next to left, step forward on left

## **4 X TOE STRUTS (WITH ATTITUDE)**

- 1-2 Step right toe forward, place heel down (snap fingers)
- 3-4 Step left toe forward, place heel down (snap fingers)
- 5-6 Step right toe forward, place heel down (snap fingers)
- 7-8 Step left toe forward, place heel down (snap fingers)

## **REPEAT**

## **TAG**

**At the end of wall 3**

## **ROCK, RECOVER, SHUFFLE ½ TURN, STEP, PIVOT, SHUFFLE**

- 1-2 Rock forward on right, recover onto left
- 3&4 Shuffle ½ turn over right shoulder, right, left, right
- 5-6 Step forward on left, ½ turn over right shoulder
- 7&8 Step forward on left, step right beside left, step forward on left

## **RESTART**

**During wall 9, dance counts 1-16, then:**

- 1-2 Rock forward right, recover onto left
- 3-4 Rock back on right, recover onto left

**And restart**