

# Steady Rockin'

Count: 32

Wall: 2

Level: Improver

Choreographer: Larry Bass (USA)

Music: Rock Steady - The Whispers



## HIP SWINGS; MODIFIED VINE WITH HEEL JACK

- 1-2 Step right to right side & swing hips right; swing hips left
- 3-4 Swing hips right; swing hips left
- 5-6 Step right to right side; step left behind right
- &7 Step right slightly back to right, touch left heel diagonally forward to left
- &8 Step left slightly back, step right across left

## DIAGONAL STEP WITH SYNCOPATED STEPS

- 9 Step left diagonally forward to left
- 10& Cross right behind left, step left to left
- 11 Step right diagonally forward to right
- 12& Cross left behind right, step right to right

## ROCK STEP, LEFT BACKWARD ROLLING TURN

- 13-14 Step left forward; rock back onto right
- 15 Rolling backward turn  $\frac{1}{2}$  turn left while stepping left forward
- 16 Continue backward roll turning  $\frac{1}{2}$  turn left while stepping right back

## TURNING SHUFFLE, STEP $\frac{1}{4}$ TURN; CROSSOVER SHUFFLE, SIDE, $\frac{3}{4}$ TURNING HOOK

- 17&18 Turn  $\frac{1}{2}$  turn left while shuffling left, right, left
- 19-20 Step right forward; turn  $\frac{1}{4}$  turn left onto left
- 21&22 Step right across left, step left foot slightly to left, step right across left
- 23 Step left foot to left
- 24 Hook right foot in front of left while turning  $\frac{3}{4}$  turn right

## FORWARD SHUFFLE, STEP $\frac{1}{4}$ TURN; CROSSOVER SHUFFLE, $\frac{3}{4}$ ROLL

- 25&26 Shuffle forward right, left, right
- 27-28 Step left forward; turn  $\frac{1}{4}$  turn right onto right
- 29&30 Step left across right, step right slightly to right side, step left across right
- 31-32 Turn  $\frac{1}{4}$  turn left while stepping right back; turn  $\frac{1}{2}$  turn left while stepping left forward

## REPEAT

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