

Rock Steady (06)

Count: 32

Wall: 2

Level: Improver

Choreographer: Gemma Haile (UK) - November 2006

Music: Rock Steady - All Saints : (CD single)



16 count intro, start on lyrics

Section 1 **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

Section 2 **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 1/2 turn over right shoulder, step forward left

Section 3 **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

Section 4 **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

RESTART: There is a restart on wall 4. After section 1 restart from the beginning

TAG: There is a tag on wall 10 after section 2:

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