

Steady Rocks

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Moses Bourassa Jr. (USA) & Barbara Frechette (USA) - April 2008

Music: See List



Music

Rocks In Your Shoes by Emily West

Midnight Sun By Garth Brooks

Everybody's Gonna Dance Tonight by Magill

Nothing's Gonna Stop Us Now by Jefferson Starship

When using Midnight Sun by Garth Brooks start dance after the word Wagon, Others start on Vocals

Syncopated Weaves with Forward Heels

Steps 1-2 Step right to right side, step left behind right

Steps &3 step right to right side ,place left heel slightly diagonally forward

Steps &4 step left to left side ,cross right over left

Steps 5-6 Step left to left side ,step right behind left

Steps &7 Step left to left side ,place right heel slightly diagonally forward

Steps &8 step right next to left ,step left forward

Forward Step, 1/2 CCW Turn, 1/2 CCW Turning Shuffle, Rock Step, Recover Step, 1/2 CW Turning Shuffle

Steps 1-2 Step forward on right ,step left making 1/2 CCW Turn

Steps 3& step right making 1/4 CCW Turn, step left making 1/4 CCW Turn

Step 4 Step back on right

Steps 5-6 rock back on left ,recover on right

Steps 7& Step left making 1/4 CW Turn , step right making 1/4 CW Turn

Step 8 step left next to right

Monterey Turn with 1/4 CW Turn, Forward Shuffle, Forward Step, 1/4 CW Turn

Steps 1-2 point right toe to right side ,step right next to left making 1/4 CW Turn

Steps 3-4 point left to left side ,step left next to right

Steps 5&6 Shuffle forward right left, right

Steps 7-8 step forward on left ,step right making 1/4 CW Turn

Cross Shuffle, Modified Coaster Step With 1/4 CCW Turn, Modified Cross Shuffle with 1/4 CW Turn, 1/4 CW Turn, Forward Step

Steps 1&2 Cross left over right, step right to right side, cross left over right

Steps 3& Step right to right side, step left back making 1/4 CCW Turn

Step 4 Step forward on right

Step 5&6 Step forward on left ,step right making 1/4 CW Turn, Cross left over right

Steps 7-8 step right making 1/4 CW Turn, step forward on left

End of Dance