

Rock Steady

COPPER KNOB
STEPSHEETS

拍数: 36 墙数: 4 级数: Intermediate
编舞者: DK - 2017
音乐: Rock Steady - Bryan Adams & Bonnie Raitt



Begin on vocals

SET 1: FORWARD ROCK STEP SHUFFLE S (12:00)

1, 2 Rock Left Foot forward and back on Right
3&4 Mambo in place (LRL)
5,6 Rock Right Foot forward and back on Left
7&8 Mambo in place (RLR))

SET 2: 1/2 TURN - 1/2 TURN SHUFFLE - SWAY STEPS - SHUFFLE IN PLACE

1,2 Step forward on Left 1/2 turn to right on Right, facing (6:00)
3&4 1/2 Turn right Shuffle (LRL), facing (12:00)
5,6 Right Slide Step angled back & right, Left Slide Step angled back & left side (swaying hips)
7&8 Mambo Sway in place, bringing Feet together (RLR)

SET 3: 1/2 TURN ANGLED SHUFFLE, 1/2 TURN MAMBO

1,2 Step Left forward to (1:00) turning right, step 1/2 turn on Right towards (7:00)
3&4 Shuffle (LRL), finish facing (6:00)
5,6 Step Right forward (6:00) with 1/2 turn left stepping on Left facing (12:00)
7&8 Mambo Sway in place (RLR) still facing (12:00)

SET 4: CROSS STEP MAMBO, 1/4 TURN MAMBO

1,2 Cross Left over Right, step on Right
3&4 Mambo moving back and forwards (LRL) (12:00)
5,6 Step Right forward turning 1/4 turn to left, recover onto Left (9:00)
7&8 Mambo back and forward, (RLR)(facing 9:00)

SET 5: PIVOT TURN STEP PIVOTS

1 Step Left forward (9:00)
2 Pivot 1/2 turn right onto Right (3:00)
3 Step Left forward (3:00)
4 Pivot 1/2 turn right onto Right (9:00)

REPEAT - No Tags, No Restarts

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