

# Steady Love

拍数: 80      墙数: 1      级数: Soul dance  
编舞者: Windy Lawrence-Booker - March 2020  
音乐: Steady Love - India.Arie : (Album: Worthy - 4:22)



Step sheet prepared by Harry Woods

#32 count intro after near 15 second lead-in, support on right to begin a rotation (first rotation itself actually begins with support on the left with the last two counts of the intro, the steps matching those for the last two counts of a rotation)

## INTRO: STEP, POINT

7-8                Step right forward, point left to side

## SECTION 1: CROSS, SIDE, BEHIND SIDE CROSS, SWAY RLRL

1-2                Step left across right, step right to side  
3&4                Step left behind right, step right to side, step left across right  
5-8                Step right to side swaying hips right, left, right, left replacing left

## SECTION 2: CROSS, SIDE, BEHIND SIDE CROSS, SWAY LRLR

1-2                Step right across left, step left to side  
3&4                Step right behind left, step left to side, step right across left  
5-8                Step left to side swaying hips left, right, left, right replacing right

## SECTION 3: MAMBO FORWARD, MAMBO BACK, MAMBO LEFT, MAMBO RIGHT

1&2                Rock left forward, recover right, step left slightly back  
3&4                Rock right back, recover left, step right slightly forward  
5&6                Rock left to side, recover right, close left  
7&8                Rock right to side, recover left, close right

## SECTION 4: BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, BACK, TOUCH

1-4                Step left back opening left, touch right beside left, step right back opening right, touch left beside right  
5-8                Step left back opening left, touch right beside left, step right back opening right, touch left beside right

## SECTION 5: WALK LRLR, COASTER, WALK RL

1-4                Step forward left, right, left, right  
5&6                Step left back pushing off ball of right, step right beside left, step left forward  
7-8                Step forward right, left

## SECTION 6: SIDE, TOGETHER, SIDE, TOUCH, SIDE, TOGETHER, SIDE, TOUCH

1-4                Step right to side with sway, close left with sway, step right to side with sway, touch left beside right  
5-8                Step left to side with sway, close right with sway, step left to side with sway, touch right beside left

## SECTION 7: SIDE, DIP, RECOVER, DIP, REPLACE, DIP, RECOVER, DIP

1-4                Step right to side, dip left knee and shoulder toward right bending slightly, replace left raising slightly, dip left knee and shoulder toward right bending slightly  
5-8                Recover left straightening, dip right knee and shoulder toward left bending slightly, replace right raising slightly, dip right knee and shoulder toward left bending slightly

## SECTION 8: BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, BACK, TOUCH

- 1-4 Step right back opening right, touch left beside right, step left back opening left, touch right beside left
- 5-8 Step right back opening right, touch left beside right, step left back opening left, touch right beside left

**Tag goes here during 2nd rotation with dance resuming with SECTION 9**

**SECTION 9: TRIPLE FORWARD, STEP (TURN ½), REPLACE, TRIPLE FORWARD, WALK RL**

- 1&2 Step right forward, step left beside right (3rd position), step right forward
- 3-4 Step left forward then turn ½ right, replace right
- 5&6 Step left forward, step right beside left (3rd position), step left forward
- 7-8 Step forward right, left

**SECTION 10: TRIPLE FORWARD, STEP (TURN ½), REPLACE, TRIPLE FORWARD, STEP, POINT**

- 1&2 Step right forward, step left beside right (3rd position), step right forward
- 3-4 Step left forward then turn ½ right, replace right
- 5&6 Step left forward, step right beside left (3rd position), step left forward
- 7-8 Step right forward, point left to side

**REPEAT**

**TAG Follows SECTION 8 during 2nd rotation, after which, dance continues with SECTION 9**

**SECTION 1: TRIPLE RIGHT, ROCK BACK, RECOVER, TRIPLE LEFT QUARTER, ROCK BACK, RECOVER**

- 1&2 Step right to side, step left beside right, step right to side
- 3-4 Rock left back, recover right
- 5&6 Step left to side, step right beside left then turn ¼ right, step left back
- 7-8 Rock right back, recover left

**SECTION 2: Repeat SECTION 1**

**SECTION 3: Repeat SECTION 1**

**SECTION 4: Repeat SECTION 1**

**ENDING During 3rd rotation after SECTION 10 count 6 continue to walk in time off floor**

**Contact: Helen Woods - [aquafool@aol.com](mailto:aquafool@aol.com)**

---