

Rock Steady

拍数: 32 墙数: 2 级数: Beginner
编舞者: Amy Christian (USA) - August 2022
音乐: Rock Steady - The Whispers



Intro: 48 counts. (No tags or restarts).

ROCK OUT R-L-R-L, LINDY

- 1-2 Rock R out to right side, Rock L out to left side, (Styling option – On count 2, bend knees and go low as you rock to left side,)
3-4 Rock R out to right side, Rock L out to left side, (Styling option – On count 3, bend knees lower as you rock to right side, On count 4, straighten up as you rock to left side),
5&6 Shuffle to right side R-L-R,
7-8 Rock L behind R, Recover on R,

¼ VINE, BACK-TOUCH (CLAP), BACK-TOUCH (CLAP),

- 1-4 Step L to left side, Step R behind L, ¼ left forward on L. Touch R next to L & Clap [9:00]
5-6 Step R diagonally back, Touch L next to R & Clap, Step L back, Touch R next to L, (Styling Option – as you step back on R, FAN out L foot (5), Then touch L next to R & Clap (6),
7-8 Step L diagonally back, Touch R next to L & Clap,
(Styling Option - as you step back on L, FAN out R foot (7), Then touch R next to L & Clap (8),)

KICKBALL CHANGE, PIVOT ¼, KICKBALL CHANGE, PIVOT ¼,

- 1&2 R Kickball change,
3-4 Step R forward, Pivot ¼ left on L, [6:00]
5& R Kickball change,
7-8 Step R forward, Pivot ¼ left on L, [3:00]

WEAVE, ¼ JAZZBOX WITH A CROSS,

- 1-4 Step R across L, Step L to left side, Step R behind L, Step L to left side,
5-8 Cross R over L, Turning right - ¼ back on L, Step R to right side, Cross L over R, [6:00]

Start over!

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