

My Feet Are On The Rock

COPPER KNOB
STEPSHEETS

拍数: 88 墙数: 2 级数: Phrased Intermediate / Advanced
编舞者: Terri Martin (USA) - January 2024
音乐: My Feet Are on the Rock - I AM THEY



8 Count Intro A = 32 Counts/ 2 Walls B= 40 Counts/ 2 Walls C= 16 Counts/ 2 Walls
Sequencing: A,A,B,A,B,C,C,C*, B 32 counts, B, Tag, Ending

A: 32 Counts

[1-8] Chassé R, Rock Back, Recover, ¼ R, ½ R, Shuffle Fwd

1&2 Step R to R (1) Close L next to R (&), Step R to R (2)
3,4 Rock L behind R (3), Recover R (4)
5,6 ¼ R Turn stepping back on L (5) (3 O' Clock), ½ R Turn Stepping R fwd, (6) (9 O' Clock)
7&8 Step Fwd on L (7), Step R next to L (&), Step L Fwd (8)

[9-16] R Mambo W/ Sweep, Step L Back Sweeping R, Rock R Back, Recover, Step Fwd R, Pivot ¼ L, Cross Shuffle R over L

1&2 Rock R Fwd (1), Recover L (&), Step R Back While Sweeping L front to Back (2)
3,4,& Step L Back While sweeping R front to back (3), Rock Back on R (4), Recover L (&)
5,6 Step Fwd on R (5), ¼ L Turn L Pivot (6) (6 O' Clock)
7&8 Cross R over L (7), Step L to L (&), Cross R over L (8)

[17-24] Rock L to L Diagonal, Recover, Behind Side Cross, Press, R to R Diagonal, Recover L and Hitch R, Behind, Side, Fwd

1,2 Rock L to L Diagonal (1), Recover R (2)
3&4 Step L behind R (3), Step R to R (&), Cross L over R (4)
5,6 Press R to R Diagonal (5), Recover L and Hitch R (6)
7&8 Step R behind L (7), Step L to L (&), Step R Fwd (8)

[25-32] Charleston w/ Mashed Potatoes, Point L To L, Point R To R, Step L Fwd, Drag R Fwd, Close R next to L

1& Step L Fwd While Rotating Both Heels Inward (1), Rotate Heels Outward (&)
2& Step L Back While Rotating Both Heels Inward (2), Rotate Heels Outward (&)
3&4 Step R Back While Rotating Both Heels Inward (3), Rotate Heels Outward (&), Step R next To L (4)
5&6& Point L To L (5), Close L Next To R (&), Point R To R (6), Close R Next To L (&)
7,8 Big Step Fwd on L Leaning Upper Body Back (7), Drag R Next To L (keep Weight on L)(8)

B- 40 Counts

[1-8] Dorothy R, Dorothy L, Cross Rock, Recover, Shuffle ¼ Turn R

1,2& Step R to R Diagonal (1), Lock L Behind R (2), Step R Fwd (&)
3,4& Step L To L Diagonal (3), Lock R Behind L (4), Step L Fwd (&)
5,6 Cross Rock R over L (5), Recover L (6)
7&8 Step R To R (7), Step L Next To R (&), ¼ R Stepping R Fwd (8) (3 O' Clock)

[9-16] Step, Pivot ½, Full Turn, Shuffle, Step Fwd, Pivot ½ L,

1,2 Step L Fwd (1), Pivot ½ Turn R (2) (9 O' Clock)
3,4 ½ Turn R stepping Back on L (3), ½ Turn R stepping R Fwd (4)
5&6 Step L Fwd (5), Step R Next To L (&), Step R Fwd (6)
7,8 Step R Fwd (7), 1/2 L Turn Pivot (8) (3 O' Clock)

[17-24] Step Fwd, 1/4 R Hitching L, Cross Shuffle L over R, Rock R, Recover, Behind, Side, Cross

1,2 Step Fwd on R (1), ¼ R while Hitching L (2) (6 O' Clock)

3&4 Cross L Over R (3), Step R To R (&), Cross L Over R (4)
5,6 Side Rock R To R (5), Recover L (6)
7&8 Step R Behind L (7), Step L To L (&), Cross R Over L

[25-32] Reverse Chug L 1/4 Turn X4, Out, Out, Apple Jacks L & R

1,2, 1/4 Turn L Pressing L To L (keep weight on R) (1) (3 O' Clock), 1/4 Turn L Pressing L To L
(keep weight on R) (2) (12 O' Clock)
3,4 1/4 Turn L Pressing L To L (keep weight on R)(3) (9 O' Clock), 1/4 Turn L Stepping L To L (6 O' Clock)

Note: During Counts 1-4 Hold Arms Straight Out Palms Up

5,6 Step R To R (5) Step L To L (6) (weight on both L & R)
7& Swivel L Toe and R Heel to L (7), Swivel Heel and Toe Back to Center (&)
8& Swivel R Toe and L Heel To R (8), Swivel Heel and Toe Back to Center (&)

Note : Restart Here During the 3rd B

[33-40] Step Pivot 1/2, Step Pivot 1/2, Out, Out, Apple Jacks L & R

1,2 Step R Fwd (1), Pivot L 1/2 Turn (2) (12 O' Clock)
3,4 Step R Fwd (3), Pivot L 1/2 Turn (4) (6 O' Clock)
5,6 Step R To R (5), Step L To L (6) (weight on both L & R)
7& Swivel L Toe and R Heel to L (7), Swivel Heel and Toe Back to Center (&)
8& Swivel R Toe and L Heel To R (8), Swivel Heel and Toe Back to Center (&)

C -16 Counts (1st C begins at 6 O'Clock - Instructions from 12 O' Clock)

[1-8] Mambo R Fwd, Mambo L Back, Side Mambo R, Side Mambo L

1&2 Rock R Fwd (1), Recover L (&), Step Back On R (2)
3&4 Rock Back On L (3), Recover R (&), Step L Fwd (4)
5&6 Side Rock R To R (5), Recover L (&), Step R Next To L (6)
7&8 Side Rock L To L (7), Recover R (&), Step L Next To R (8)

[9-16] Cross R, 1/4 R stepping Back on L, 1/4 R Shuffle, L Mambo, Heel Lifts x2

1,2 Cross R Over L with Stomp (1), 1/4 R Turn Stepping Back on L (2) (3 O' Clock)
3&4 1/4 Turn R Stepping R To R (3), Step L Next To R (&) Step R Fwd (4) (6 O' Clock)
5&6 Rock L Fwd (5), Recover R (&) Close L Next To R (6)
&7&8 Lift Both Heels bending knees (&), Lower Heels (7), Lift Both Heels (&), Lower Heels (8)

Note: Step Change On The 3rd C: Leave off counts &7&8 and replace with the following:

Cross, Unwind Full Turn (12 O' Clock)

7 Cross R Over L
8 Unwind Full Turn to L, weight on the L on Count 8

Tag: Repeat Counts 33-40 of B (The Last 8 Counts Of B) (12 O'Clock)

[33-40] Step Pivot 1/2, Step Pivot 1/2, Out, Out, Apple Jacks L & R

1,2 Step R Fwd (1), Pivot L 1/2 Turn (2) (6 O' Clock)
3,4 Step R Fwd (3), Pivot L 1/2 Turn (4) (12 O' Clock)
5,6 Step R To R (5), Step L To L (6) (weight on both L & R)
7& Swivel L Toe and R Heel to L (7), Swivel Heel and Toe Back to Center (&)
8& Swivel R Toe and L Heel To R (8), Swivel Heel and Toe Back to Center (&)

Ending: Step forward on R
