

# 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**

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