

Solid Rock

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Gail Buswell (AUS) & Janelle Jansen (AUS) - March 2025
音乐: Solid Rock (Live) - Casey Barnes



Intro: 32 counts after drum beat starts (28 sec)

[1-8] CROSS, SIDE, HEEL, STEP TOGETHER (X2)

1,2,3,4 Cross R over L, step L to L side, tap R heel to R diagonal, step R beside L
5,6,7,8 Cross L over R, step R to R side, tap L heel to L diagonal, step L beside R

[9-16] STEP FORWARD, 1/2 TURN STEP BACK, STEP BACK, KICK, COASTER STEP, SCUFF

1,2,3,4 Step R forward, make a 1/2 turn R stepping back on L, step R back, kick L forward (6:00)
5,6,7,8 Step L back, step R beside L, Step L forward, scuff R foot forward*

(* Restart here during 3rd sequence facing 12:00)

[17-24] DIAGONAL STEP, LOCK, STEP, SCUFF, 1/4 SWAY, SWAY

1,2,3,4 Step R fwd to R diagonal, lock L behind R, step R fwd, scuff L forward (7:30)
5,6,7,8 Turning 1/4 R step / sway hips to L side over 2 counts, sway hips to R side over 2 counts
(10:30)

[25-32] BEHIND, SIDE, CROSS, SCUFF 1/4, STEP FWD, HOLD, STEP TOGETHER, STEP FWD, SCUFF

1,2,3,4 Step L behind R, step R to R side, cross L over R, scuff R heel, making a 1/4 turn R (1:30)
5,6&7,8 Step R forward, hold, step L beside R (&), step R forward, scuff L forward

[33-40] FWD ROCK, RECOVER, 1/2 FORWARD, 1/8 HITCH, SIDE, TOGETHER, CROSS, SIDE

1,2,3,4 Rock L fwd, recover onto R, 1/2 turn L stepping fwd onto L (7:30), hitch R knee up turning 1/8
L (6:00)
5,6,7,8 Step R to R side, step L beside R, cross R over L, step L to L side

[41-48] BACK ROCK, RECOVER, STEP FWD, HOLD, FORWARD ROCK, RECOVER, 1/4 SIDE, HOLD

1,2,3,4 Rock back onto R, recover onto L, step R forward, hold
5,6,7,8 Rock forward onto L, recover onto R, turn 1/4 L stepping L to L side, hold (3:00)

1 restart – dance to count 16 of 3rd sequence then restart dance at 12:00

Ending: Dance to count 20 of 14th sequence (12:00) then add:

Step L fwd to L diagonal, lock R behind L, step L fwd, scuff R fwd, stomp R forward

Contact / follow us on:

jmqjansen@gmail.com

facebook.com/linedancewithjanelle

instagram.com/linedancewithjanelle

youtube.com/@linedancewithjanelle-j4w

Last Update: 27 Mar 2025