

# Rock Steady

拍数: 32      墙数: 2      级数:  
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音乐: West Coast Swing



## SIDE ROCK, RECOVER, SIDE SHUFFLE, SIDE ROCK, RECOVER, SIDE SHUFFLE

1            Rock right foot to side, moving hips right  
2            Rock left foot to side, moving hips right  
3&4        Shuffle to the right on right, left, right  
5            Rock left foot to side, moving hips left  
6            Rock right foot to side, moving hips right  
7&8        Shuffle to the left on left, right, left

## POINT, STEP, CROSS, REPEAT TWICE, SCUFF, STOMP

9            Tap right toe to side  
&           Step right foot to center  
10          Cross step left foot in front of right foot  
11          Tap right toe to side  
&           Step right foot to center  
12          Cross step left foot in front of right foot  
13          Tap right toe to side  
&           Step right foot to center  
14          Cross step left foot in front of right foot  
15          Scuff right foot in front of left  
16          Stomp right foot

## POINT, STEP, CROSS, REPEAT TWICE, SCUFF, STOMP

17          Tap left toe to side  
&           Step left foot to center  
18          Cross step right foot in front of left foot  
19          Tap left toe to side  
&           Step left foot to center  
20          Cross step right foot in front of left foot  
21          Tap left toe to side  
&           Step left foot to center  
22          Cross step right foot in front of left foot  
23          Scuff left foot in front of right  
24          Stomp left foot

## STEP, CROSS, HOLD, REPEAT TWICE, BACK, ROCK, RECOVER

When doing steps 25 through 29 you will be moving in a half circle or inverted "C" to your right

&           Step right foot  
25          Cross left foot in front of right  
26          Hold  
&           Step right foot  
27          Cross left foot in front of right  
28          Hold  
&           Step right foot  
29          Cross left foot in front of right  
30          Hold

Steps 31 through 32 is an anchor step and should be done smoothly

31 Step left foot behind right foot  
& Rock right foot forward  
32 Rock left foot backwards

**REPEAT**

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