

Rock Steady

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Hillary Kurt (UK)
音乐: Rock Steady - Bryan Adams & Bonnie Raitt



STEP LOCK, STEP SHUFFLE STEP, SCUFF, STEP LOCK, STEP SHUFFLE

1-2& Step forward diagonally on right foot, lock left behind right, step right foot in place
3&4& Shuffle forward diagonally on left foot (left, right, left), scuff right foot diagonally forward
5-6& Repeat counts 1-2&
7&8 Shuffle forward on left (left, right, left)

SCOOT BACKWARDS STEP FORWARDX4, SWEEP STEPSX4 (OR MASH POTATO)

&1 Scoot back on left while kicking right foot forward, step forward on right
&2 Scoot back on right while kicking left foot forward, step forward on left
&3 Scoot back on left while kicking right foot forward, step forward on right
&4 Scoot back on right while kicking left foot forward, step forward on left
&5&6 Sweep right behind left, step back on right, sweep left behind right, step back on left
&7&8 Sweep right behind left, step back on right, sweep left behind right, step back on left

MONTEREY ¼, DOUBLE ROCKING CHAIR

1-2 Point right to right side, close right next to left making a ¼ turn right
3-4 Point left to left side, close left foot next to right. (3 o' clock)
5& Rock forward on right, recover onto left
6& Rock back on right, recover onto left
7& Rock forward on right, recover onto left
8& Rock back on right, recover onto left

WALK FORWARD, HEEL DIG, WALK BACK, REVERSE ½ PIVOT, AND STEP TOUCH

1-2 Walk forward right, left
3-4 Right heel dig forward, step back on right foot
5-6 Step back on left foot, keep weight on left foot and reverse ½ pivot right turn step onto right (9:00)
7-8 Step left forward, touch right next to left

REPEAT

RESTART

On wall 4 at end of section 3