

# Rock Steady

**COPPERKNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Junior Willis (USA)  
音乐: Rock Steady - The Whispers



## HEEL, FULL TURN, SHUFFLE, KICK, TOE, HALF TURN, HIP BUMPS

- 1-2            Place right heel forward, pick left foot up and do a full turn to left leaving right heel on floor  
3&4            Shuffle forward right-left-right  
5-6            Kick left forward, place left toe directly back  
7&8            Make a ½ turn to left leaving weight on the right, bump hips forward and back

## SHUFFLE, MAMBO CROSS, KICK, CROSS, UNWIND

- 1&2            Shuffle forward left-right-left  
3&4            Mambo cross (right out to right, left in place, right across left)  
5-6            Kick left diagonally out to left, cross step left over right  
7-8            Unwind with a full turn to right, ending with weight on right

## STEP OUT, STEP BEHIND, STEP OUT, STEP ACROSS, STEP OUT, HAND ON THIGH, HAND ON THIGH, HAND ON CHEEK, HAND ON CHEEK

- 1-2            Step left out to left, step right behind left  
&3-4           Step left out to left, step right across left, step left out to left  
5-6            Place right hand on left thigh, place left hand on right thigh  
7-8            Place right hand on right butt cheek, place left hand on left butt cheek

## HITCH, STEP, SLIDE, HITCH, STEP, SLIDE, CROSS STEP, TOUCH, SAILOR ¼ TURN

- &1-2           Step on left and hitch right, step right out to right, slide left to right leaving weight on right  
&3-4           Step on left and hitch right, step right back, slide left to right leaving weight on right  
&5-6           Step left slightly back, cross step right over left, touch left out to left  
7&8            Sailor with a ¼ turn to right (step left behind right, step right forward with a ¼ turn to right, step left beside right)

**REPEAT**

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