

Steady Rockin'

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Larry Bass (USA)
音乐: Rock Steady - The Whispers



HIP SWINGS; MODIFIED VINE WITH HEEL JACK

1-2 Step right to right side & swing hips right; swing hips left
3-4 Swing hips right; swing hips left
5-6 Step right to right side; step left behind right
&7 Step right slightly back to right, touch left heel diagonally forward to left
&8 Step left slightly back, step right across left

DIAGONAL STEP WITH SYNCOPATED STEPS

9 Step left diagonally forward to left
10& Cross right behind left, step left to left
11 Step right diagonally forward to right
12& Cross left behind right, step right to right

ROCK STEP, LEFT BACKWARD ROLLING TURN

13-14 Step left forward; rock back onto right
15 Rolling backward turn $\frac{1}{2}$ turn left while stepping left forward
16 Continue backward roll turning $\frac{1}{2}$ turn left while stepping right back

TURNING SHUFFLE, STEP $\frac{1}{4}$ TURN; CROSSOVER SHUFFLE, SIDE, $\frac{3}{4}$ TURNING HOOK

17&18 Turn $\frac{1}{2}$ turn left while shuffling left, right, left
19-20 Step right forward; turn $\frac{1}{4}$ turn left onto left
21&22 Step right across left, step left foot slightly to left, step right across left
23 Step left foot to left
24 Hook right foot in front of left while turning $\frac{3}{4}$ turn right

FORWARD SHUFFLE, STEP $\frac{1}{4}$ TURN; CROSSOVER SHUFFLE, $\frac{3}{4}$ ROLL

25&26 Shuffle forward right, left, right
27-28 Step left forward; turn $\frac{1}{4}$ turn right onto right
29&30 Step left across right, step right slightly to right side, step left across right
31-32 Turn $\frac{1}{4}$ turn left while stepping right back; turn $\frac{1}{2}$ turn left while stepping left forward

REPEAT
