

# Rock Steady (06)

**COPPER KNOB**  
BY STEPSHEETS

拍数: 32      墙数: 2      级数: Improver  
编舞者: Gemma Haile (UK) - November 2006  
音乐: Rock Steady - All Saints : (CD single)



## 16 count intro, start on lyrics

### Section 1      **Step, lock, right shuffle, rock replace, left anchor**

1-2      Step right forward, lock left behind right  
3&4      Step right forward, step left beside right, step right forward  
5-6      Rock forward left, replace right  
7&8      Cross rock left behind right, recover onto right, step left back

### Section 2      **Walk back, coaster step, walk forward, step turn step**

1-2      Step back right, step back left  
3&4      Step back right, step left beside right, step right forward  
5-6      Step forward left, step forward right  
7&8      Step forward on left, pivot 1/2 turn over right shoulder, step forward left

### Section 3      **Knee rolls, knee pops**

1-2      Roll right knee in  
3-4      Roll left knee in  
5-6      Pop right knee forward, pop right knee back, pop left knee forward, pop left knee back  
7&8      Pop right knee forward, pop left knee forward, pop right knee forward

### Section 4      **Rock forward replace, lock step back, rock back replace, right left apart, right left together**

1-2      Rock forward on left, replace right  
3&4      Step left back, lock right in front of left, step left back  
5-6      Rock back on right, replace left  
&7      Step right out, step left out  
&8      Step right in, step left in

**RESTART: There is a restart on wall 4. After section 1 restart from the beginning**

**TAG: There is a tag on wall 10 after section 2:**

1-2      Step forward right, touch left next to right  
3-4      Step left back, touch right next to left

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