

Rock Steady (06)

COPPER KNOB
BY STEPHEN METZ

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
