

Steady Rocks

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Moses Bourassa Jr. (USA) & Barbara Frechette (USA) - April 2008
音乐: See List



Music

Rocks In Your Shoes by Emily West
Midnight Sun By Garth Brooks
Everybody's Gonna Dance Tonight by Magilll
Nothing's Gonna Stop Us Now by Jefferson Starship

When using Midnight Sun by Garth Brooks start dance after the word Wagon,Others start on Vocals

Syncopated Weaves with Forward Heels

Steps 1-2 Step right to right side,step left behind right
Steps &3 step right to right side ,place left heel slightly diagonally forward
Steps &4 step left to left side ,cross right over left
Steps 5-6 Step left to left side ,step right behind left
Steps &7 Step left to left side ,place right heel slightly diagonally forward
Steps &8 step right next to left ,step left forward

Forward Step,1/2 CCW Turn,1/2 CCW Turning Shuffle,Rock Step,Recover Step,1/2 CW Turning Shuffle

Steps 1-2 Step forward on right ,step left making 1/2 CCW Turn
Steps 3& step right making 1/4 CCW Turn,step left making 1/4 CCW Turn
Step 4 Step back on right
Steps 5-6 rock back on left ,recover on right
Steps 7& Step left making 1/4 CW Turn , step right making 1/4 CW Turn
Step 8 step left next to right

Monterey Turn with 1/4 CW Turn,Forward Shuffle,Forward Step,1/4 CW Turn

Steps 1-2 point right toe to right side ,step right next to left making 1/4 CW Turn
Steps 3-4 point left to left side ,step left next to right
Steps 5&6 Shuffle forward right left,right
Steps 7-8 step forward on left ,step right making 1/4 CW Turn

Cross Shuffle,Modified Coaster Step With 1/4 CCW Turn,Modified Cross Shuffle with 1/4 CW Turn,1/4 CW Turn,Forward Step

Steps 1&2 Cross left over right,step right to right side,cross left over right
Steps 3& Step right to right side,step left back making 1/4 CCW Turn
Step 4 Step forward on right
Step 5&6 Step forward on left ,step right making 1/4 CW Turn,Cross left over right
Steps 7-8 step right making 1/4 CW Turn,step forward on left

End of Dance