

# Rock Steady (Standing On A Rock)

**COPPER** KNOB  
STEPSHEETS

拍數: 40                      牆數: 4                      級數: Upper Beginner  
編舞者: Diana Bishop (AUS) - February 2019  
音樂: Standing On a Rock - Rodney Crowell



## No Tags Or Restarts

### TOE HEELS STRUTS TO R (click fingers at side on toe heels & clap on toe tap)

1-4                      Step R Toe-Heel To R Side, Step L Toe-Heel Next To R

### TOE-HEEL STRUT TO R, TAP, HOLD

5-8                      R Toe-Heel To R Side, Tap L Toe Next To R, Hold

### TOE HEELS STRUTS TO L (click fingers at side on toe-heels & clap on toe tap)

1-4                      Step L Toe-Heel To L Side, Step R Toe-Heel Next To L

### TOE-HEEL STRUT TO L, TAP, HOLD

5-8                      L Toe-Heel To L Side, Tap R Toe Next To L, Hold

### CHARLESTON STEP WITH HOLDS ( swing feet out to sides as you change feet)

1-4                      Tap R Fwd, Hold, Step R Back, Hold,

### BACK HOLD, FWD HOLD

5-8                      Step L Back, Hold, Step L Fwd, Hold

### STEP LOCK STEP R, HOLD

1-4                      Step R At R 45deg, Step L Next To R, Step R Fwd, Hold

### STEP LOCK STEP L, HOLD

5-8                      Step L At L 45deg, Step R Next To L, Step L Fwd, Hold

### ¼ R, STEP FWD, HOLD, TAP TOG-, HOLD

1-4                      Turn ¼ To R, Step R Fwd, Hold, Tap L Toe Next To R, Hold,

### STEP L, HOLD, TAP TOG-, HOLD

5-8                      Step L To L Side, Tap R Toe Next To L Hold

## RESTART DANCE

Contact: [bishops@bigpond.com](mailto:bishops@bigpond.com)