

# He's My Rock

COPPER KNOB  
BY STEPHEN HETS

拍數: 64      牆數: 2      級數: Improver  
編舞者: Chrystal Six (USA) - February 2021  
音樂: He's My Rock, My Sword, My Shield - Randy Travis



## Toe, Heel, Stomps (1-8)

1,2      Point Right toe inward, point right heel inward  
3,4      Stomp Right foot twice  
5,6      Point Left toe inward, Point Left toe inward  
7,8      Stomp Left foot twice

## Forward diagonals (9-16)

1,2      Step Right foot diagonal forward, touching Left foot beside it  
3,4      Step Left foot diagonal forward, touching Right foot beside it  
5,6      Step Right foot diagonal forward, touching Left foot beside it  
7,8      Step Left foot diagonal forward, touching Right foot beside it

## Backwards diagonals (17-24)

1,2      Step Right foot diagonal backwards, touching Left foot beside it  
3,4      Step Left foot diagonal backwards, touching Right foot beside it  
5,6      Step Right foot diagonal backwards, touching Left foot beside it  
7,8      Step Left foot diagonal backwards, touching Right foot beside it

## Right Weave (25-32)

1,2      Step Right foot to right side, step Left foot across and behind Right foot  
3,4      Step Right foot to right side, step Left foot across and in front of Right foot  
5,6      Step Right foot to right side, step Left foot across and behind Right foot  
7,8      Step Right foot to right side, touch Left foot beside Right foot

## Left Weave (33-40)

1,2      Step Left foot to left side, step Right foot across and behind Left foot  
3,4      Step Left foot to left side, step Right foot across and in front of Left foot  
5,6      Step Left foot to left side, step Right foot across and behind Left foot  
7,8      Step Left foot to left side, touch Right foot beside Left foot

## Scissors (41-48)

1,2      Step Left foot to left side, step Right foot next to left foot  
3,4      Cross Left foot over Right foot, hold  
5,6      Step Right foot to right side, step Left foot next to right foot,  
7,8      Cross Right foot over Left foot, hold

## ¼ turn and ¼ Turning Jazz Box (49-56)

1,2      Step Left foot to left side, Step Right foot next to Left foot  
3,4      Cross Left foot over Right foot turning ¼ turn over right shoulder, hold  
5,6      Cross Right foot over Left foot, step Left foot back  
7,8      Step Right foot to right side turning ¼ over right shoulder, step Left foot next to Right foot

## Left Lock Step, Right Lock Step (57-64)

1,2      Step Left foot diagonally forward, step Right foot behind Left foot  
3,4      Step Left foot diagonally forward, Scuff  
5,6      Step Right foot diagonally forward, step Left foot behind Right foot  
7,8      Step Right foot diagonally forward, step Left foot next to Right foot

