

# Rocking With You (Chair Dance)

**COPPER** **KNOB**  
STEPSHEETS

拍數: 32      牆數: 0      級數: Beginner Chair Dance  
編舞者: Gail A. Dawson (USA) - August 2021  
音樂: Rock With You - Michael Jackson



**Intro - 32 Counts, begin with lyrics, No Tags, No Restarts**

## **TWIST, TWIST, TWIST, TWIST, DOWN, RECOVER, DOWN, RECOVER**

1,2,3,4      Twist reaching arm across body L, R, L, R  
5, 6      R step out to R reaching R hand diagonally down to L, recover to starting position  
7,8      L step out to L reaching L hand diagonally down to R, recover to starting position

## **TWIST, TWIST, TWIST, TWIST, DOWN, RECOVER, DOWN, RECOVER**

1,2,3,4      Twist reaching arm across body L, R, L, R  
5, 6      R step out to R reaching R hand diagonally down to L, recover to starting position  
7,8      L step out to L reaching L hand diagonally down to R, recover to starting position

## **HEEL, STEP, STEP, HOLD, HEEL, STEP, STEP, HOLD**

1, 2      R heel touch forward as L hand reaches forward, L step in place as L hand recovers  
3, 4      R step beside L, hold  
5, 6      L heel touch forward, R step in place  
7, 8      L step beside R, hold

## **KNEE LIFT, KNEE LIFT, KNEE LIFT, KNEE LIFT**

1,2      R knee lift as both arms with elbows bent at 90 degree angle move in an arc from straight up to forward position, R step beside L as arms return  
3,4      L knee lift as both arms with elbows bent at 90 degree angle move in an arc from straight up to forward position, L step beside R as arms return  
5,6      R knee lift as both arms with elbows bent at 90 degree angle move in an arc from straight up to forward position, R step beside L as arms return  
7,8      L knee lift as both arms with elbows bent at 90 degree angle move in an arc from straight up to forward position, L step beside R as arms return

**Based on Rocking With You by Liz Atkinson**

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