

# My Rock

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Helaine Norman (USA) - February 2023  
音樂: I Go to the Rock - Scooter Lee



Intro: Vocal - No tags or restarts

## I. K-STEP

1-2            Step R diagonally, touch L together  
3-4            Return L back diagonally, touch R together  
5-6            Step R back diagonally, touch L together  
5-8            Return L diagonally forward, touch R together

## II. ROCKING CHAIR; SIDE, TOUCH, SIDE TOUCH

1-2            Rock R forward, recover to L  
3-4            Rock R back, recover to L  
5-6            Step R side, touch L together  
7-8            Step L side, touch R together

## III. ROCKING CHAIR; SIDE, TOUCH, SIDE TOUCH

1-2            Rock R forward, recover to L  
3-4            Rock R back, recover to L  
5-6            Step R side, touch L together  
7-8            Step L side, touch R together

## IV. JAZZ BOX ¼ R TURN

1-2            Step R over, hold  
3-4            Step L back, hold  
5-6            Step R side making ¼ turn right, hold  
7-8            Step L together, hold

Optional 1-8: Jazz box 1/4 L turn (3:00); jazz box in place

Optional styling: TOE STRUTS: Touch toe and drop heel in place of each step, hold

REPEAT

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