

Rock Steady

拍數: 48 牆數: 4 級數: Improver
編舞者: Roxanne Clark (UK) - November 2023
音樂: Let's Do Rock Steady - The Bodysnatchers



Start 8 Counts...

Walk Forward Right Left Right, Kick Left, Back Left Touch Right, Back Right Touch Left

- 1 – 2 Step forward on right, step forward on left
- 3 – 4 Step forward on right, kick left foot forward
- 5 – 6 Step back on left, touch right toes to right side
- 7 – 8 Step back on right, touch left toes to left side

Behind Side Cross Point Right, Cross ¼ Left ¼ Left Cross

- 1 – 2 Step left behind right, step right to right side
- 3 – 4 Cross step left over right, touch right toes to right side
- 5 – 6 Cross step right over left, make ¼ turn right stepping back on left
- 7 – 8 Make ¼ right stepping right to right, step left beside right

Twist Heels Toes Heels Hold, Twist Heels Toes Heels Hold,

- 1 – 2 Step right in place twisting both heels to the right, twist toes to the right
- 3 – 4 Twist both heels to the right, hold
- 5 – 6 Twist heels to the left, twist toes to the left
- 7 – 8 Twist heels to the left, hold

Out Out & In Clap, Step Pivot ¼ Left, Step Pivot ¼ Left

- 1 – 2 Step forward and out with the right, step forward and out with the left
- & 3 – 4 Step right back into place, step left into place, clap (4)
- 5 – 6 Step forward on right, pivot ¼ turn over the left shoulder
- 7 – 8 Step forward on right, pivot ¼ turn over the left shoulder

Diagonal Walk Right Left, Right Rock Recover Cross, Diagonal Walk Left Right, Left Rock

- 1 – 2 Angling body to 1330 walk forward right, walk forward left
- 3 – 4 Rock right on right straightening up to 1200, recover left onto left
- 5 – 6 Cross step right over left, angling body to 2230 walk forward left
- 7 – 8 Walk forward right, rock left on left straightening up to 1200

Recover Right, Cross Step, Right Rock Recover, Jazzbox ¼ Turn Right

- 1 – 2 Recover right on right, cross step left over right
- 3 – 4 Rock right on right, recover left on left
- 5 – 6 Cross step right over left, make ¼ right stepping back onto left
- 7 – 8 Step right to right side, step left in place beside right

Last Update: 16 Nov 2023
