

# Rock and a Hard Place

COPPER KNOB  
STEPSHEETS

拍數: 60      牆數: 2      級數: Intermediate  
編舞者: Yoann Loose - November 2023  
音樂: Rock and a Hard Place - Bailey Zimmerman



Tag : end of wall 2 (12:00)

Restart 1 : during wall 3, after 36 counts, replace R step back, L side rock 1/8 turn R with R back coaster step (6:00)

Restart 2 : during wall 5, after 24 counts. 1/4 turn L and restart with the 30 last counts (12:00)

**[1 - 6] big step to L,R cross behind, L side rock**

1-2-3      Big step L to L, slowly bring RF next to LF  
4          cross RF behind LF  
5-6      L side rock

**[7 - 12] L behind, step 1/4 turn R, step L pivot 1/4 turn R, R step, L cross fwd, step back 1/4 turn L**

1-2-3      Step LF behind RF, Step RF with 1/4 turn to R, Step LF fwd and pivot 1/4 turn R (keep weight on LF) [6:00]  
4-5-6      Recover weight on RF, cross LF over RF, step RF back with 1/4 turn L [3:00]

**[13 - 18] L step back, hook, step R, pivot 1/2 turn R**

1-2-3      Step LF back, slowly hook RF in front LF  
4-5-6      Step RF fwd, step LF fwd and pivot 1/2 turn to R, recover weight on RF [9:00]

**[19 - 24] step L, sweep 1/2 turn L, weave to L**

1-2-3      Step LF fwd, slowly RF sweep with 1/2 turn to L [3:00]  
4-5-6      Cross RF over LF, step LF to L, cross RF behind LF

**\*\*\*RESTART here during wall 5. Make 1/4 turn to L and begin from count 31 facing 12:00\*\*\***

**[20 - 30] step to L, point R, hold, step R 1/4 turn R, R full turn**

1-2-3      Step LF to L, point RF to R, hold  
4-5-6      Recover weight on RF with 1/4 turn to R, step LF back with 1/2 turn to R, step fwd LF with 1/2 turn to R [6:00]

**[31 - 36] step L, R kick, R step back, L side rock 1/8 turn R**

1-2-3      Step LF fwd, slowly kick RF fwd  
4-5-6      Step RF back and pivot slightly 1/8 turn to R, L side rock [7:30]

**\*\*\*RESTART here during wall 3, replace 4-5-6 with RF back coaster step and restart facing 6:00\*\*\***

**[37 - 42] L cross, R side rock 1/4 turn L, R cross, L side rock 1/4 turn R**

1-2-3      Cross LF over RF, R side rock with 1/4 turn to L [4:30]  
4-5-6      Cross RF over LF, L side rock with 1/4 turn to R [7:30]

**[43 - 54] Full turn diamond**

1-2-3      Cross LF over RF, 1/8 step R back, 1/8 L step L back [4:30]  
4-5-6      Step R back, 1/8 L step L to L, 1/8 L step R fwd [1:30]  
1-2-3      Cross LF over RF, 1/8 step R back, 1/8 L step L back [10:30]  
4-5-6      Step R back, 1/8 L step L to L, 1/8 L step R fwd [7:30]

**[55 - 60] L cross, R side rock 3/8 turn L, step R fwd, step L back 1/2 turn R, step R fwd 3/4 turn R**

1-2-3      Cross LF over RF, R side rock 3/8 turn L [3:00]  
4-5-6      Step RF fwd, step LF back with 1/2 turn to R, step RF fwd with 3/4 turn to R [6:00]

**TAG : end of wall 2 [12:00]**

**[1 - 6] big step to L, R touch, big step to R, L touch**

1-2-3 Big step L to L, slowly bring RF next to LF, touch RF next to LF

4-5-6 Big step R to R, slowly bring LF next to RF, touch LF next to RF

**[7 – 12] big step R fwd, L touch, big step R back, L touch**

1-2-3 Big step LF fwd, slowly bring RF next to LF, touch RF next to LF

4-5-6 Big step RF back, slowly bring LF next to RF, touch LF next to RF

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