

Rock Steady Soul

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Absolute Beginner
編舞者: Helaine Norman (USA) - December 2023
音樂: Rock Steady - Aretha Franklin



Intro: 32 - No tags or restarts

I. FORWARD, TOUCH, FORWARD, TOUCH; HIP BUMPS (L R L R)

1-2 Step L forward diagonally, touch R together
3-4 Step R forward diagonally, touch L together
5-8 Hip bumps L R L R

Optional styling for 5-8:

5 Touch L ball to L side (with L knee and hip bump to left side), drop L heel
6 Step R ball to R side (with R knee and hip bump to right side), drop R heel
7 Touch L ball to L side (with L knee and hip bump to left side), drop L heel
8 Step R ball to R side (with R knee and hip bump to right side), drop R heel

Note: 5-8: John Travolta style: <https://www.youtube.com/shorts/FIAPQQ1pxGQ>

II. BACK, TOUCH, BACK, TOUCH; HIP BUMPS L R L R

1-2 Step L back diagonally, touch R together
3-4 Step R back diagonally, touch L together
5-8 Hip bumps L R L R

Optional styling for 5-8: See Optional styling and note for Section I.

III. PIVOT ¼ R-TURN X 2; JAZZ BOX

1-2 Step L forward making ¼ turn right (3:00), weight to R
3-4 Step L forward making ¼ turn right (6:00), weight to R
5-8 Step L over, step R back, step L side, step R together

IV. V-STEP; SIDE TOUCH, SIDE TOUCH

1-2 Step L forward diagonally, step R forward diagonally
3-4 Return L to center, step R together
5-8 Step L side, touch R together, step R side, touch L together

REPEAT

Helaine43@gmail.com

Last Update: 3 Jan 2024