

# Solid Rock

拍數: 48                      牆數: 4                      級數: Intermediate  
編舞者: Gail Buswell (AUS) & Janelle Jansen (AUS) - March 2025  
音樂: Solid Rock (Live) - Casey Barnes



Intro: 32 counts after drum beat starts (28 sec)

**[1-8] CROSS, SIDE, HEEL, STEP TOGETHER (X2)**

1,2,3,4                      Cross R over L, step L to L side, tap R heel to R diagonal, step R beside L  
5,6,7,8                      Cross L over R, step R to R side, tap L heel to L diagonal, step L beside R

**[9-16] STEP FORWARD, 1/2 TURN STEP BACK, STEP BACK, KICK, COASTER STEP, SCUFF**

1,2,3,4                      Step R forward, make a 1/2 turn R stepping back on L, step R back, kick L forward (6:00)  
5,6,7,8                      Step L back, step R beside L, Step L forward, scuff R foot forward\*

(\* Restart here during 3rd sequence facing 12:00)

**[17-24] DIAGONAL STEP, LOCK, STEP, SCUFF, 1/4 SWAY, SWAY**

1,2,3,4                      Step R fwd to R diagonal, lock L behind R, step R fwd, scuff L forward (7:30)  
5,6,7,8                      Turning 1/4 R step / sway hips to L side over 2 counts, sway hips to R side over 2 counts  
(10:30)

**[25-32] BEHIND, SIDE, CROSS, SCUFF 1/4, STEP FWD, HOLD, STEP TOGETHER, STEP FWD, SCUFF**

1,2,3,4                      Step L behind R, step R to R side, cross L over R, scuff R heel, making a 1/4 turn R (1:30)  
5,6&7,8                      Step R forward, hold, step L beside R (&), step R forward, scuff L forward

**[33-40] FWD ROCK, RECOVER, 1/2 FORWARD, 1/8 HITCH, SIDE, TOGETHER, CROSS, SIDE**

1,2,3,4                      Rock L fwd, recover onto R, 1/2 turn L stepping fwd onto L (7:30), hitch R knee up turning 1/8  
L (6:00)  
5,6,7,8                      Step R to R side, step L beside R, cross R over L, step L to L side

**[41-48] BACK ROCK, RECOVER, STEP FWD, HOLD, FORWARD ROCK, RECOVER, 1/4 SIDE, HOLD**

1,2,3,4                      Rock back onto R, recover onto L, step R forward, hold  
5,6,7,8                      Rock forward onto L, recover onto R, turn 1/4 L stepping L to L side, hold (3:00)

1 restart – dance to count 16 of 3rd sequence then restart dance at 12:00

Ending: Dance to count 20 of 14th sequence (12:00) then add:

Step L fwd to L diagonal, lock R behind L, step L fwd, scuff R fwd, stomp R forward

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