

# Like A Rock

**COPPER KNOB**  
STEPPERS

拍數: 48      牆數: 4  
編舞者: Kathryn Rowlands (WLS)  
音樂: Badly Bent - The Tractors

級數: Intermediate straight rhythm



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## TOE STRUTS, STEP, STEP, PIGEON TOES

- 1-2      Right cross strut
- 3-4      Left side strut
- 5-6      Step right foot beside left foot, step left foot beside right foot
- 7-8      Swivel heels out and in

## TOE STRUTS, TURN, TOUCH

- 1-2      Right side strut
- 3-4      Left cross strut
- 5-6      Right side strut making  $\frac{1}{4}$  turn right
- 7-8      Touch left toe beside right foot and pause

## ROCKING CHAIR, ROCK, RECOVER, CROSS, CLAP

- 1-4      Rock left foot forward, recover onto right foot, rock left foot back, recover onto right foot
- 5-8      Rock out left, recover right, cross left foot over right foot, pause and clap (weight on left foot)

## WEAVE, TURN, ROCK & TURN

- 1-4      Rock right foot behind left foot to begin weave to left ending with  $\frac{1}{4}$  turn left and weight on left foot
- 5-8      Rock back on right foot, pause; making another  $\frac{1}{4}$  turn rock onto left foot, pause

Counts 29-32 should give the effect of a rocking motion

## ROCKING CHAIR, ROCK, RECOVER, CROSS, CLAP

- 1-4      Rock right foot forward, recover onto left foot, rock right foot back, recover onto left foot
- 5-8      Rock out right, recover left, cross right foot over left foot, pause and clap (weight on right foot)

## TOE STRUTS, COASTER, SCUFF

- 1-2      Left toe strut back
- 3-4      Right toe strut back
- 5-8      Step back on left foot, step back on right foot, step forward on left foot and scuff the right foot past

## REPEAT

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