

Rock Steady

拍數: 32 牆數: 2 級數:
編舞者: Vickie Vance-Johnson (USA)
音樂: West Coast Swing



SIDE ROCK, RECOVER, SIDE SHUFFLE, SIDE ROCK, RECOVER, SIDE SHUFFLE

1 Rock right foot to side, moving hips right
2 Rock left foot to side, moving hips right
3&4 Shuffle to the right on right, left, right
5 Rock left foot to side, moving hips left
6 Rock right foot to side, moving hips right
7&8 Shuffle to the left on left, right, left

POINT, STEP, CROSS, REPEAT TWICE, SCUFF, STOMP

9 Tap right toe to side
& Step right foot to center
10 Cross step left foot in front of right foot
11 Tap right toe to side
& Step right foot to center
12 Cross step left foot in front of right foot
13 Tap right toe to side
& Step right foot to center
14 Cross step left foot in front of right foot
15 Scuff right foot in front of left
16 Stomp right foot

POINT, STEP, CROSS, REPEAT TWICE, SCUFF, STOMP

17 Tap left toe to side
& Step left foot to center
18 Cross step right foot in front of left foot
19 Tap left toe to side
& Step left foot to center
20 Cross step right foot in front of left foot
21 Tap left toe to side
& Step left foot to center
22 Cross step right foot in front of left foot
23 Scuff left foot in front of right
24 Stomp left foot

STEP, CROSS, HOLD, REPEAT TWICE, BACK, ROCK, RECOVER

When doing steps 25 through 29 you will be moving in a half circle or inverted "C" to your right

& Step right foot
25 Cross left foot in front of right
26 Hold
& Step right foot
27 Cross left foot in front of right
28 Hold
& Step right foot
29 Cross left foot in front of right
30 Hold

Steps 31 through 32 is an anchor step and should be done smoothly

31 Step left foot behind right foot
& Rock right foot forward
32 Rock left foot backwards

REPEAT
