

# Rock Steady

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Hillary Kurt (UK)  
音樂: Rock Steady - Bryan Adams & Bonnie Raitt



## STEP LOCK, STEP SHUFFLE STEP, SCUFF, STEP LOCK, STEP SHUFFLE

1-2&      Step forward diagonally on right foot, lock left behind right, step right foot in place  
3&4&      Shuffle forward diagonally on left foot (left, right, left), scuff right foot diagonally forward  
5-6&      Repeat counts 1-2&  
7&8      Shuffle forward on left (left, right, left)

## SCOOT BACKWARDS STEP FORWARDX4, SWEEP STEPSX4 (OR MASH POTATO)

&1      Scoot back on left while kicking right foot forward, step forward on right  
&2      Scoot back on right while kicking left foot forward, step forward on left  
&3      Scoot back on left while kicking right foot forward, step forward on right  
&4      Scoot back on right while kicking left foot forward, step forward on left  
&5&6      Sweep right behind left, step back on right, sweep left behind right, step back on left  
&7&8      Sweep right behind left, step back on right, sweep left behind right, step back on left

## MONTEREY ¼, DOUBLE ROCKING CHAIR

1-2      Point right to right side, close right next to left making a ¼ turn right  
3-4      Point left to left side, close left foot next to right. (3 o' clock)  
5&      Rock forward on right, recover onto left  
6&      Rock back on right, recover onto left  
7&      Rock forward on right, recover onto left  
8&      Rock back on right, recover onto left

## WALK FORWARD, HEEL DIG, WALK BACK, REVERSE ½ PIVOT, AND STEP TOUCH

1-2      Walk forward right, left  
3-4      Right heel dig forward, step back on right foot  
5-6      Step back on left foot, keep weight on left foot and reverse ½ pivot right turn step onto right (9:00)  
7-8      Step left forward, touch right next to left

## REPEAT

## RESTART

On wall 4 at end of section 3