

Rock Steady

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Junior Willis (USA)
音樂: Rock Steady - The Whispers



HEEL, FULL TURN, SHUFFLE, KICK, TOE, HALF TURN, HIP BUMPS

- 1-2 Place right heel forward, pick left foot up and do a full turn to left leaving right heel on floor
- 3&4 Shuffle forward right-left-right
- 5-6 Kick left forward, place left toe directly back
- 7&8 Make a ½ turn to left leaving weight on the right, bump hips forward and back

SHUFFLE, MAMBO CROSS, KICK, CROSS, UNWIND

- 1&2 Shuffle forward left-right-left
- 3&4 Mambo cross (right out to right, left in place, right across left)
- 5-6 Kick left diagonally out to left, cross step left over right
- 7-8 Unwind with a full turn to right, ending with weight on right

STEP OUT, STEP BEHIND, STEP OUT, STEP ACROSS, STEP OUT, HAND ON THIGH, HAND ON THIGH, HAND ON CHEEK, HAND ON CHEEK

- 1-2 Step left out to left, step right behind left
- &3-4 Step left out to left, step right across left, step left out to left
- 5-6 Place right hand on left thigh, place left hand on right thigh
- 7-8 Place right hand on right butt cheek, place left hand on left butt cheek

HITCH, STEP, SLIDE, HITCH, STEP, SLIDE, CROSS STEP, TOUCH, SAILOR ¼ TURN

- &1-2 Step on left and hitch right, step right out to right, slide left to right leaving weight on right
- &3-4 Step on left and hitch right, step right back, slide left to right leaving weight on right
- &5-6 Step left slightly back, cross step right over left, touch left out to left
- 7&8 Sailor with a ¼ turn to right (step left behind right, step right forward with a ¼ turn to right, step left beside right)

REPEAT
