

Rock Steady (2006)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Gemma Haile (UK)
音樂: Rock Steady - All Saints



STEP, LOCK, RIGHT SHUFFLE, ROCK REPLACE, LEFT ANCHOR

1-2 Step right forward, lock left behind right
3&4 Step right forward, step left beside right, step right forward
5-6 Rock forward left, replace right
7&8 Cross rock left behind right, recover onto right, step left back

WALK BACK, COASTER STEP, WALK FORWARD, STEP TURN STEP

1-2 Step back right, step back left
3&4 Step back right, step left beside right, step right forward
5-6 Step forward left, step forward right
7&8 Step forward on left, pivot ½ turn over right shoulder, step forward left

KNEE ROLLS, KNEE POPS

1-2 Roll right knee in
3-4 Roll left knee in
5-6 Pop right knee forward, pop right knee back, pop left knee forward, pop left knee back
7&8 Pop right knee forward, pop left knee forward, pop right knee forward

ROCK FORWARD REPLACE, LOCK STEP BACK, ROCK BACK REPLACE, RIGHT LEFT APART, RIGHT LEFT TOGETHER

1-2 Rock forward on left, replace right
3&4 Step left back, lock right in front of left, step left back
5-6 Rock back on right, replace left
&7 Step right out, step left out
&8 Step right in, step left in

REPEAT

RESTART

On wall 4, after count 8, restart from the beginning

TAG

On wall 10 after count 16

1-2 Step forward right, touch left next to right
3-4 Step left back, touch right next to left
