

Rocksteady

拍數: 32 牆數: 1 級數: Improver social cha
編舞者: Helen Peers (UK) & Cathy Hodgson (UK)
音樂: Rock Steady - All Saints



RIGHT ROCK, SHUFFLE BACK, LEFT ROCK, SHUFFLE FORWARD

1-2 Rock forward on right, recover onto left
3&4 Step back on right, bring left next to right, step back on right
5-6 Rock back on left, recover onto right
7&8 Step forward on left, bring right next to left, step forward on left

RIGHT SIDE ROCK, CROSS SHUFFLE, LEFT SIDE ROCK, CROSS SHUFFLE

1-2 Rock right to right side, recover onto left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Rock left to left side, recover onto right
7&8 Cross left over right, step right to right side, cross left over right

½ TURN, RIGHT SHUFFLE, STEP, HALF TURN, LEFT SHUFFLE

1-2 ¼ turn left stepping back on right, ¼ turn left stepping left to side
3&4 Step forward right, bring left next to right, step forward on right
5-6 Step forward left, half turn over right shoulder
7&8 Step forward left, bring right next to left, step forward on left

4 X TOE STRUTS (WITH ATTITUDE)

1-2 Step right toe forward, place heel down (snap fingers)
3-4 Step left toe forward, place heel down (snap fingers)
5-6 Step right toe forward, place heel down (snap fingers)
7-8 Step left toe forward, place heel down (snap fingers)

REPEAT

TAG

At the end of wall 3

ROCK, RECOVER, SHUFFLE ½ TURN, STEP, PIVOT, SHUFFLE

1-2 Rock forward on right, recover onto left
3&4 Shuffle ½ turn over right shoulder, right, left, right
5-6 Step forward on left, ½ turn over right shoulder
7&8 Step forward on left, step right beside left, step forward on left

RESTART

During wall 9, dance counts 1-16, then:

1-2 Rock forward right, recover onto left
3-4 Rock back on right, recover onto left

And restart