

Steady As A Rock

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: David J. Woods (UK)
音樂: Rock Steady - Kenny Johnson & Northwind



RIGHT HEEL GRIND WITH ¼ TURN RIGHT, ROCK, SHUFFLE, HEEL SWITCHES

1-2 Step right heel forward, pivot ¼ turn to right on right heel (weight ends on left)
3-4 Rock back onto right foot, recover onto left
5&6 Step forward on right, close left beside right, step forward on right
7& Touch left heel forward, step left beside right
8& Touch right heel forward, step right beside left

ROCK, CHASSE ¼ TURN, ¼ TURN CHASSE, ROCK BACK

9-10 Rock forward onto left, recover back onto right
11&12 Step left to side, close right beside left, step left to side making ¼ turn left
13 On ball of left pivot ¼ turn left stepping right to side
&14 Close left beside right, step right to side
15-16 Rock back onto left, recover onto right

STRUTTING JAZZ BOX WITH ¼ TURN LEFT

17-18 Cross left toe over right, drop heel and click fingers at shoulder height
19-20 Step right toe back, drop heel and click fingers at shoulder height
21-22 Step left toe a ¼ turn left, drop heel and click fingers at shoulder height
23-24 Touch right toe beside left, hold and click fingers at shoulder height

ROCK BACK, SHUFFLE RIGHT, ROCK STEP, COASTER STEP

25-26 Rock back onto right foot, recover onto left foot
27&28 Step forward onto right, close left beside right, step forward onto right
29-30 Rock forward onto left foot, recover back onto right
31&32 Step back onto left, step right beside left, step forward onto left

REPEAT
