

I'm Rock Steady

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Andrew Palmer (UK), Simon Cox (UK) & Sheila Palmer (UK)
音樂: All Saints - Rock Steady



STEP, PIVOT ½, PRESS, RECOVER-KICK, TOGETHER, CROSS-ROCK, RECOVER, STEP ¼

- 1-2 Step forward on right, pivot ½ turn left (6:00)
- 3-4 Press forward on right, recover weight to left and kick right forward
- 5-6 Step right to side, cross-rock left over right
- 7-8 Recover weight to right, ¼ turn left (3:00) step forward on left

Restart here during wall 4: step left to side, no ¼ turn (12:00) on count 8

STEP, PIVOT ¾, SIDE, TOUCH, FULL ROLL, TOUCH

- 1-2 Step forward on right, pivot three ¼ turn left
- 3-4 Step right to side (6:00), touch left beside right and click fingers
- 5-6 ¼ turn left (3:00) step forward on left, ½ turn left (9:00) step back on right
- 7-8 ¼ turn left (6:00) step left to side, touch right beside left and click fingers

Easier option:

- 7-8 Side left, together, side left, touch right and click

Restart here during wall 8 (12:00)

STEP, SLIDE, STEP, SLIDE, KNEE-ROLL ¼, HITCH, STEP ¼, POINT

- 1-2 Step right to right diagonal, slide left beside right (and touch)
- 3-4 Step left to left diagonal, slide right beside left (and touch)
- 5-6 Roll right knee ¼ turn right (9:00) weight right, hitch left
- 7-8 ¼ turn left (6:00) step left to side, point right to side

TURN ½, POINT, HITCH-ACROSS, STEP, TURN ¼, TURN ¼, HIP BUMPS

- 1-2 ½ turn right (12:00) step right beside left, point left to side
- 3-4 Hitch left above right, step left over right
- 5-6 ¼ turn left (9:00) step back on right, ¼ turn left (6:00) step left to side
- 7-8 Hip bumps right, left

REPEAT

RESTART

Restart after count 8 on wall 4 and after count 16 on wall 8

TAG

Hold for 4 counts at the end of wall 10, then start wall 11