

Rock Steady (Standing On A Rock)

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Upper Beginner
编舞者: Diana Bishop (AUS) - February 2019
音乐: Standing On a Rock - Rodney Crowell



No Tags Or Restarts

TOE HEELS STRUTS TO R (click fingers at side on toe heels & clap on toe tap)

1-4 Step R Toe-Heel To R Side, Step L Toe-Heel Next To R

TOE-HEEL STRUT TO R, TAP, HOLD

5-8 R Toe-Heel To R Side, Tap L Toe Next To R, Hold

TOE HEELS STRUTS TO L (click fingers at side on toe-heels & clap on toe tap)

1-4 Step L Toe-Heel To L Side, Step R Toe-Heel Next To L

TOE-HEEL STRUT TO L, TAP, HOLD

5-8 L Toe-Heel To L Side, Tap R Toe Next To L, Hold

CHARLESTON STEP WITH HOLDS (swing feet out to sides as you change feet)

1-4 Tap R Fwd, Hold, Step R Back, Hold,

BACK HOLD, FWD HOLD

5-8 Step L Back, Hold, Step L Fwd, Hold

STEP LOCK STEP R, HOLD

1-4 Step R At R 45deg, Step L Next To R, Step R Fwd, Hold

STEP LOCK STEP L, HOLD

5-8 Step L At L 45deg, Step R Next To L, Step L Fwd, Hold

¼ R, STEP FWD, HOLD, TAP TOG-, HOLD

1-4 Turn ¼ To R, Step R Fwd, Hold, Tap L Toe Next To R, Hold,

STEP L, HOLD, TAP TOG-, HOLD

5-8 Step L To L Side, Tap R Toe Next To L Hold

RESTART DANCE

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