

Rock Steady Baby

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2
编舞者: Helaine Norman (USA) - July 2025
音乐: Rock Steady - Aretha Franklin

级数: Absolute Beginner / Beginner



Intro: 32 - No tags or restarts

Note: Put your soul into it!

I. FORWARD, TOUCH, FORWARD, TOUCH; HIP ROLLS L R

- 1-2 Step L forward diagonally, touch R together
- 3-4 Step R forward diagonally, touch L together
- 5-6 Step L side with L hip rotating counter clockwise-swing to left side, hold
- 7-8 Step R side with R hip rotating clockwise-swing to right side, hold

II. BACK, TOUCH, BACK, TOUCH; HIP ROLLS L R

- 1-2 Step L back diagonally, touch R together
- 3-4 Step R back diagonally, touch L together
- 5-6 Step L side with L hip rotating counter clockwise-swing to left side, hold
- 7-8 Step R side with R hip rotating clockwise-swing to right side, hold

III. CHUG ¼ R-TURN X 2; JAZZ BOX

- 1-2 Step L side making ¼ turn right (3:00), weight to R
- 3-4 Step L side making ¼ turn right (6:00), weight to R
- 5-8 Step L over, step R back, step L side, step R together

Styling: Dip down on counts 1 and 3 rolling / swinging L hip down and up

Optional suggestions for 5-8: ¼ pivot or paddle right turns or walk around L R L R making ½ turn right

IV. V-STEP; SIDE TOUCH, SIDE TOUCH

- 1-2 Step L forward diagonally, step R forward diagonally
- 3-4 Return L to center, step R together
- 5-8 Step L side, touch R together, step R side, touch L together

REPEAT

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