

Rock Steady

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數:
編舞者: Vickie Vance-Johnson (USA)
音樂: West Coast Swing



SIDE ROCK, RECOVER, SIDE SHUFFLE, SIDE ROCK, RECOVER, SIDE SHUFFLE

- 1 Rock right foot to side, moving hips right
- 2 Rock left foot to side, moving hips right
- 3&4 Shuffle to the right on right, left, right
- 5 Rock left foot to side, moving hips left
- 6 Rock right foot to side, moving hips right
- 7&8 Shuffle to the left on left, right, left

POINT, STEP, CROSS, REPEAT TWICE, SCUFF, STOMP

- 9 Tap right toe to side
- & Step right foot to center
- 10 Cross step left foot in front of right foot
- 11 Tap right toe to side
- & Step right foot to center
- 12 Cross step left foot in front of right foot
- 13 Tap right toe to side
- & Step right foot to center
- 14 Cross step left foot in front of right foot
- 15 Scuff right foot in front of left
- 16 Stomp right foot

POINT, STEP, CROSS, REPEAT TWICE, SCUFF, STOMP

- 17 Tap left toe to side
- & Step left foot to center
- 18 Cross step right foot in front of left foot
- 19 Tap left toe to side
- & Step left foot to center
- 20 Cross step right foot in front of left foot
- 21 Tap left toe to side
- & Step left foot to center
- 22 Cross step right foot in front of left foot
- 23 Scuff left foot in front of right
- 24 Stomp left foot

STEP, CROSS, HOLD, REPEAT TWICE, BACK, ROCK, RECOVER

When doing steps 25 through 29 you will be moving in a half circle or inverted "C" to your right

- & Step right foot
- 25 Cross left foot in front of right
- 26 Hold
- & Step right foot
- 27 Cross left foot in front of right
- 28 Hold
- & Step right foot
- 29 Cross left foot in front of right
- 30 Hold

Steps 31 through 32 is an anchor step and should be done smoothly

31 Step left foot behind right foot
& Rock right foot forward
32 Rock left foot backwards

REPEAT
