

Rock Steady

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Hillary Kurt (UK)
音樂: Rock Steady - Bryan Adams & Bonnie Raitt



STEP LOCK, STEP SHUFFLE STEP, SCUFF, STEP LOCK, STEP SHUFFLE

- 1-2& Step forward diagonally on right foot, lock left behind right, step right foot in place
- 3&4& Shuffle forward diagonally on left foot (left, right, left), scuff right foot diagonally forward
- 5-6& Repeat counts 1-2&
- 7&8 Shuffle forward on left (left, right, left)

SCOOT BACKWARDS STEP FORWARDX4, SWEEP STEPSX4 (OR MASH POTATO)

- &1 Scoot back on left while kicking right foot forward, step forward on right
- &2 Scoot back on right while kicking left foot forward, step forward on left
- &3 Scoot back on left while kicking right foot forward, step forward on right
- &4 Scoot back on right while kicking left foot forward, step forward on left
- &5&6 Sweep right behind left, step back on right, sweep left behind right, step back on left
- &7&8 Sweep right behind left, step back on right, sweep left behind right, step back on left

MONTEREY ¼, DOUBLE ROCKING CHAIR

- 1-2 Point right to right side, close right next to left making a ¼ turn right
- 3-4 Point left to left side, close left foot next to right. (3 o' clock)
- 5& Rock forward on right, recover onto left
- 6& Rock back on right, recover onto left
- 7& Rock forward on right, recover onto left
- 8& Rock back on right, recover onto left

WALK FORWARD, HEEL DIG, WALK BACK, REVERSE ½ PIVOT, AND STEP TOUCH

- 1-2 Walk forward right, left
- 3-4 Right heel dig forward, step back on right foot
- 5-6 Step back on left foot, keep weight on left foot and reverse ½ pivot right turn step onto right (9:00)
- 7-8 Step left forward, touch right next to left

REPEAT

RESTART

On wall 4 at end of section 3