

ROCK STEADY (06)

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Count: 32

Wall: 2

Level: Beginner/Intermediate level

Choreographer: Gemma Haile (UK) Nov 06

Music: Rock Steady by All Saints, CD single

16 count intro, start on lyrics Section 1 Step, lock, right shuffle, rock replace, left anchor

- 1-2 Step right forward, lock left behind right
- 3&4 Step right forward, step left beside right, step right forward
- 5-6 Rock forward left, replace right
- 7&8 Cross rock left behind right, recover onto right, step left back

Section 2 Walk back, coaster step, walk forward, step turn step

- 1-2 Step back right, step back left
- 3&4 Step back right, step left beside right, step right forward
- 5-6 Step forward left, step forward right
- 7&8 Step forward on left, pivot 1/2 turn over right shoulder, step forward left

Section 3 Knee rolls, knee pops

- 1-2 Roll right knee in
- 3-4 Roll left knee in
- 5-6 Pop right knee forward, pop right knee back, pop left knee forward, pop left knee back
- 7&8 Pop right knee forward, pop left knee forward, pop right knee forward

Section 4 Rock forward replace, lock step back, rock back replace, right left apart, right left together

- 1-2 Rock forward on left, replace right
- 3&4 Step left back, lock right in front of left, step left back
- 5-6 Rock back on right, replace left
- &7 Step right out, step left out
- &8 Step right in, step left in

RESTART: There is a restart on wall 4. After section 1 restart from the beginning

TAG: There is a tag on wall 10 after section 2:

1-2 Step forward right, touch left next to right

3-4 Step left back, touch right next to left