

ROCKSTEADY

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Count: 32

Wall: 1

Level: beginner/intermediate social cha

Choreographer: H & Mad Cat

Music: Rock Steady by All Saints

RIGHT ROCK, SHUFFLE BACK, LEFT ROCK, SHUFFLE FORWARD

- 1-2** Rock forward on right, recover onto left
- 3&4** Step back on right, bring left next to right, step back on right
- 5-6** Rock back on left, recover onto right
- 7&8** Step forward on left, bring right next to left, step forward on left

RIGHT SIDE ROCK, CROSS SHUFFLE, LEFT SIDE ROCK, CROSS SHUFFLE

- 1-2** Rock right to right side, recover onto left
- 3&4** Cross right over left, step left to left side, cross right over left
- 5-6** Rock left to left side, recover onto right
- 7&8** Cross left over right, step right to right side, cross left over right

½ TURN, RIGHT SHUFFLE, STEP, HALF TURN, LEFT SHUFFLE

- 1-2¼ turn left stepping back on right, ¼ turn left stepping left to side**
- 3&4** Step forward right, bring left next to right, step forward on right
- 5-6** Step forward left, half turn over right shoulder
- 7&8** Step forward left, bring right next to left, step forward on left

4 X TOE STRUTS (WITH ATTITUDE)

- 1-2** Step right toe forward, place heel down (snap fingers)
- 3-4** Step left toe forward, place heel down (snap fingers)
- 5-6** Step right toe forward, place heel down (snap fingers)
- 7-8** Step left toe forward, place heel down (snap fingers)

REPEAT

TAG

At the end of wall 3

ROCK, RECOVER, SHUFFLE ½ TURN, STEP, PIVOT, SHUFFLE

- 1-2** Rock forward on right, recover onto left
- 3&4** Shuffle ½ turn over right shoulder, right, left, right
- 5-6** Step forward on left, ½ turn over right shoulder
- 7&8** Step forward on left, step right beside left, step forward on left

RESTART

During wall 9, dance counts 1-16, then:

- 1-2** Rock forward right, recover onto left
- 3-4** Rock back on right, recover onto left

And restart