

# ROCK STEADY

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Junior Willis

**Music:** Rock Steady by The Whispers

## HEEL, FULL TURN, SHUFFLE, KICK, TOE, HALF TURN, HIP BUMPS

- 1-2** Place right heel forward, pick left foot up and do a full turn to left leaving right heel on floor
- 3&4** Shuffle forward right-left-right
- 5-6** Kick left forward, place left toe directly back
- 7&8** Make a  $\frac{1}{2}$  turn to left leaving weight on the right, bump hips forward and back

## SHUFFLE, MAMBO CROSS, KICK, CROSS, UNWIND

- 1&2** Shuffle forward left-right-left
- 3&4** Mambo cross (right out to right, left in place, right across left)
- 5-6** Kick left diagonally out to left, cross step left over right
- 7-8** Unwind with a full turn to right, ending with weight on right

## STEP OUT, STEP BEHIND, STEP OUT, STEP ACROSS, STEP OUT, HAND ON THIGH, HAND ON THIGH, HAND ON CHEEK, HAND ON CHEEK

- 1-2** Step left out to left, step right behind left
- &3-4** Step left out to left, step right across left, step left out to left
- 5-6** Place right hand on left thigh, place left hand on right thigh
- 7-8** Place right hand on right butt cheek, place left hand on left butt cheek

## HITCH, STEP, SLIDE, HITCH, STEP, SLIDE, CROSS STEP, TOUCH, SAILOR $\frac{1}{4}$ TURN

- &1-2** Step on left and hitch right, step right out to right, slide left to right leaving weight on right
- &3-4** Step on left and hitch right, step right back, slide left to right leaving weight on right
- &5-6** Step left slightly back, cross step right over left, touch left out to left
- 7&8** Sailor with a  $\frac{1}{4}$  turn to right (step left behind right, step right forward with a  $\frac{1}{4}$  turn to right, step left beside right)

## REPEAT