

# ROCK STEADY (2006)

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**Count:** 32

**Wall:** 2

**Level:** beginner/intermediate

**Choreographer:** Gemma Haile

**Music:** Rock Steady by All Saints

## 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

## 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  $\frac{1}{2}$  turn over right shoulder, step forward left

## 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

## 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

**REPEAT**

**RESTART**

**On wall 4, after count 8, restart from the beginning**

**TAG**

**On wall 10 after count 16**

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

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