

Rock Steady

Description 32 count, 4 wall, Intermediate
Choreographer Hillary Kurt (A.I.S.T.D) - www.hillsntoes.co.uk
Song "Rock Steady" by Bonnie Raitt with Bryan Adams
From the album "Road Tested"

Section 1

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)

Section 2

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.

Section 3

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.

Section 4

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 o' Clock)
- 7-8 Step left forward, touch right next to left.

Restart on wall 4 at end of section 3.