

Rocksteady

1 wall line dance:-
choreographed by:-

32 counts, beginner/intermediate ONE WALL!!
"H" & Mad Cat (UK) November 2006

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music suggestion:-

rocksteady by All Saints (Now That's What I call Music 65)

other music:-

tagless to: Tornero by Paul London (110bpm)

Amarillo by Tony Christie (138bpm)

Steps	Actual footwork	Calling suggestion
Section 1	Right rock, shuffle back, left rock, shuffle forward	
1 - 2	Rock forward on right, recover onto left	Rock, recover
3 & 4	Step back on right, bring left next to right, step back on right	Shuffle back
5 - 6	Rock back on left, recover onto right	Rock back, recover
7 & 8	Step forward on left, bring right next to left, step forward on left	Left shuffle
Section 2	Right side rock, cross shuffle, left side rock, cross shuffle	
1 - 2	Rock right to right side, recover onto left	Side rock, recover
3 & 4	Cross right over left, step left to left side, cross right over left	Cross shuffle
5 - 6	Rock left to left side, recover onto right	Side rock, recover
7 & 8	Cross left over right, step right to right side, cross left over right	Cross shuffle
	During wall 9, up to here, then:-	
1 - 2	Rock forward right, recover onto left	
3 - 4	rock back on right, recover onto left	
	and restart	
Section 3	½ turn, right shuffle, step, half turn, left shuffle	
1 - 2	¼ turn left stepping back on right, ¼ turn left stepping left to side	Turn, turn
3 & 4	step forward right, bring left next to right, step forward on right	Right shuffle
5 - 6	step forward left, half turn over right shoulder	Step, pivot
7 & 8	step forward left, bring right next to left, step forward on left	Left shuffle
Section 4	4 x toe struts (with attitude!!)	
1 - 2	Step right toe forward, place heel down	Right, strut
3 - 4	Step left toe forward, place heel down	Left, strut
5 - 6	Step right toe forward, place heel down	Right, strut
7 - 8	Step left toe forward, place heel down	Left, strut
Tag	End of wall 3 - rock, recover, shuffle ½ turn, step, pivot, shuffle	
1 - 2	rock forward on right, recover onto left	Rock, recover
3 & 4	shuffle ½ turn over right shoulder, right, left, right	Shuffle turn
5 - 6	step forward on left, ½ turn over right shoulder	Step, pivot
7 & 8	step forward on left, step right beside left, step forward on left	Left shuffle



"H"

Mad Cat

