



Approved by:

Andrew

# I'm Rock Steady

## 2 WALL - 32 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<p><b>Section 1</b></p> <p>1 - 2 3 - 4 5 - 6 7 - 8</p> <p><b>Restart 1</b></p>	<p><b>Step, Pivot 1/2 Left, Press, Kick, Together, Cross Rock, Step 1/4</b></p> <p>Step right forward. Pivot 1/2 turn left. (6:00)</p> <p>Press forward on right. Recover onto left and kick right forward.</p> <p>Step right to side. Cross rock left over right.</p> <p>Recover onto right. Turn 1/4 left and step left forward. (3:00)</p> <p><b>Wall 4</b> (All Saints track) but Wall 3 (Billy Ray Cyrus track): Omit 1/4 turn at count 8 - step left to side and begin again.</p>	<p>Step Pivot Press Kick Together Rock Recover Turn</p>	<p>Turning left On the spot Right Turning left</p>
<p><b>Section 2</b></p> <p>1 - 2 3 - 4 5 - 6 7 - 8</p> <p><b>Option:-</b></p> <p><b>Restart 2</b></p>	<p><b>Step, Pivot 3/4 Left, Side, Touch, Full Roll, Touch</b></p> <p>Step right forward. Pivot 3/4 turn left.</p> <p>Step right to side (6:00). Touch left beside right and click fingers.</p> <p>Turn 1/4 left stepping left forward. Turn 1/2 left stepping right back.</p> <p>Turn 1/4 left stepping left to side. Touch right beside left and click fingers.</p> <p>Replace full turn with Side Left. Together. Side left. Touch right and click.</p> <p><b>Wall 8</b> (All Saints track only): Restart dance again from beginning at this point. (12:00)</p>	<p>Step Pivot Side Touch Turn Turn Turn Touch</p>	<p>Turning left On the spot Turning left</p>
<p><b>Section 3</b></p> <p>1 - 2 3 - 4 5 - 6 7 - 8</p>	<p><b>Step, Slide, Step, Slide, Knee-Roll 1/4, Hitch, Step 1/4, Point</b></p> <p>Step right forward to right diagonal. Slide left beside right (and touch).</p> <p>Step left forward to left diagonal. Slide right beside left (and touch).</p> <p>Roll right knee 1/4 turn right (9:00) weight on right. Hitch left.</p> <p>Turn 1/4 left stepping left to side (6:00). Point right to side.</p>	<p>Step Slide Step Slide Knee Roll Hitch Turn Point</p>	<p>Forward Turning right</p>
<p><b>Section 4</b></p> <p>1 - 2 3 - 4 5 - 6 7 - 8</p>	<p><b>1/2 Turn, Point, Hitch-Across Step, 1/4 Turn, 1/4 Turn, Hip Bumps</b></p> <p>Turn 1/2 right (12:00) and step right beside left. Point left to side.</p> <p>Hitch left above right. Step left over right.</p> <p>Turn 1/4 left stepping right back. Turn 1/4 left stepping left to side.</p> <p>Bump hips right. Bump hips left.</p>	<p>Turn Point Hitch-Cross Step Turn Turn Hip Bumps</p>	<p>Turning right Right Turning left</p>
<p><b>Tag</b></p>	<p>End of <b>Wall 10</b> (All Saints track only): Hold for count of 4 then start dance again.</p>		

**Choreographed by:** Andrew, Simon & Sheila (UK) October 2006

**Choreographed to:** 'Rock Steady' by All Saints (137 bpm) CD Single or Studio 1 Album (16 count intro)

**Music Suggestion:** 'Rock This Planet' by Billy Ray Cyrus (140 bpm) Shot Full of Love Album (32 count intro)

**Restarts:** All Saints track - there are 2 restarts (first during Wall 4 and second during Wall 8); Billy Ray Cyrus track - 1 restart (during Wall 3)

**Tag:** All Saints track only - 1 easy, short tag (hold for 4 counts) at end of Wall 10.