

Solid Ground

32 Count, 2 Wall, Intermediate

Choreographer: Mary E Richardson (UK) Jan 2010
Choreographed to: Solid Ground by Jana Mashonee,
Album, New Moon Born

Section 1. Syncopated Grapevine Right, Rocks, kick ball touch.

- 1-2 Step right to right side, step left behind right
&34 Step right to right side, cross left in front of right, step right to right side
5-6 Rock back on left, recover onto right
7&8 Kick left forward, step onto left in place, touch right toe next to left

Section 2. Backward shuffle, coaster step, shuffles forward.

- 1&2 Step back right, step left next to right, step back on right
3&4 Step back on left, step right next to left, step forward on left
5&6 Shuffle forward, right, left, right
7&8 Shuffle forward, left, right, left

Section 3. Step side, cross, shuffle ¼ turn right, heel switches, clap,

- 1-2 Step right to right side, cross left foot behind right
3&4 Step right ¼ turn right, step left next to right, step forward right
5&6 Place left heel forward, step left in place (home), place right heel forward
7-8 Step right in place (home), place left heel forward, hold & clap

Section 4. Backwards body roll, rock ¼ turn, left shuffle, step, shimmy, step

- 1-2 With weight over front foot, shift head then neck, shoulders, chest and hips backwards ending with body and weight over back foot.
3-4 Rock back on left foot, rock forward right turning ¼ turn right
5&6 Shuffle forward, left, right, left
&7-8 Shimmy as you take a long step to right side on right, slide left foot next to right.