

ROCK STEADY

STANDING ON A ROCK



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SONG & ARTIST: STANDING ON A ROCK by RODNEY CROWELL
4 WALL UPPER BEGINNERS NO TAGS or RESTARTS 40 COUNT

STEPS _____ **BEATS**

1.2.3.4

TOE HEELS STRUTS TO R (click fingers at side on toe heels & clap on toe tap)

STEP R TOE-HEEL TO R SIDE, STEP L TOE-HEEL NEXT TO R

5.6.7.8

TOE-HEEL STRUT TO R, TAP, HOLD

R TOE-HEEL TO R SIDE, TAP L TOE NEXT TO R, HOLD

1.2.3.4

TOE HEELS STRUTS TO L (click fingers at side on toe-heels & clap on toe tap)

STEP L TOE-HEEL TO L SIDE, STEP R TOE-HEEL NEXT TO L

5.6.7.8

TOE-HEEL STRUT TO L, TAP, HOLD

L TOE-HEEL TO L SIDE, TAP R TOE NEXT TO L, HOLD

1.2.3.4.

CHARLESTON STEP WITH HOLDS (swing feet out to sides as you change feet)

TAP R FWD, HOLD, STEP R BACK, HOLD,

5.6.7.8

BACK HOLD, FWD HOLD

STEP L BACK, HOLD, STEP L FWD, HOLD

1.2.3.4

STEP LOCK STEP R, HOLD

STEP R AT R 45deg, STEP L NEXT TO R, STEP R FWD, HOLD

5.6.7.8.

STEP LOCK STEP L, HOLD

STEP L AT L 45deg, STEP R NEXT TO L, STEP L FWD, HOLD

1.2.3.4

¼ R, STEP FWD, HOLD, TAP TOG-, HOLD

TURN ¼ TO R, STEP R FWD, HOLD, TAP L TOE NEXT TO R, HOLD,

5.6.7.8.

STEP L, HOLD, TAP TOG-, HOLD

STEP L TO L SIDE, TAP R TOE NEXT TO L HOLD

RESTART DANCE