

Rock Steady

Choreographer: Pauline Angress Arab, AL (256) 640-6599

Music: Rock Steady by The Whispers

Footwork: Opposite (Or as noted) Release Date: Feb. 2014

RAL Phase IV Cha Cha

Sequence: Intro-A-B-C-B-D-A-C(1-8)-B-Ending

INTRO:

1 – 4 WT; WT; ½ BASIC; CRAB WALK;

1-2 In BFLY fcg WALL wait 2 measures;;

3-4 Fwd L, rec R, sd L/R, L; XRIF, sd L, XRIF/sd L, XRIF;

5 – 8 SD WALK; NYer (LOD); CRAB WALK (RLOD); SD WALK;

5-6 Sd L, Cl R, Sd L/cl R, Sd L; Thru R to OP LOD, rec L to face, sd R/cl L, sd R to RLOD;

7-8 XLIF, sd R, XLIF/sd R, XRIF; Sd R, cl L, Sd R/cl L, Sd R;

9 – 12 NYer (RLOD); SPOT TRN; FULL BASIC TO HANDSHAKE;;

9-10 Step L thru to OP RLOD, rec R to face, sd L/cl R, sd L to LOD; BFLY XRIF and turn away from each other, rec L and complete a full turn to face again, sd R/cl L, sd R;

11-12 Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R to handshake;

PART A:

1 - 4 FLIRT TO A FAN;; HOCKEY STICK TO BFLY;;

1-2 Fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R (Rk bk R, rec L turning left face, continue turn to Varsouvienne position sd R/cl L, sd R; rk bk L, rec R, sd L/cl R, sd L moving in front of the man to his left (fan position);

3-4 Fwd L, rec R, in place L/R, L; bk R, rec L, fwd R/cl L, fwd R ending in BFLY-DRW; (Close R, fwd L, fwd R/L, R; fwd L, fwd R trng L to face partner DLC, bk L/ cl R, bk L to BFLY);

5-10 ½ BASIC; WHIP (COH); 2 NYer's to closed;; CROSS BODY;;

5-6 Fwd L, rec R, sd L/R, L; Bk R trng ¼ LF, rec fwd L trng ¼ LF COH, sd R/cl L, sd R (Fwd , fwd R trng ½ LF, sd L/cl R, sd L);

7-8 Step L thru to OP LOD, rec R to face, sd L/cl R, sd L; Step R thru to OP RLOD, rec L to face, sd R/cl L, sd R to CP COH;

9-10 Fwd L, rec R trng LF 1/4 to fc RLOD, sd L/cl R, sd L lowering jnd lead hnds (W bk R, rec L, fwd R/cl L, fwd R) end L-Shaped CP M fcg RLOD (W fcg WALL); Bk R small step, rec L trng LF 1/4 to fc WALL, sd R/cl L, sd R to BFLY (W fwd L, fwd R trng LF ½ to fc COH, sd L/cl R, sd L);

11-16 ½ BASIC; CRAB WALKS LOD;; FENCE LINE; CRAB WALKS RLOD;;

11-13 Fwd L, rec R, sd L/cl R, sd L; XRIF, sd L, XRIF/sd L, XRIF; Sd L, XRIF, sd L/ XRIF, sd L to BFLY;

14-16 XRIF, rec L to fc, sd R/cl L, sd R; XLIF, sd R, XLIF/sd R, XLIF; Sd R, XLIF, sd R/ XLIF, sd R;

PART B:

1-2 Shldr to Shldr 2X to L Handed Star;;

1-2 XLIF trng RF 1/8 to step just outside ptr, rec R to fc ptr, sd L/cl R, sd L; XRIF trng LF 1/8 to step just outside ptr, rec L to fc ptr, sd R/cl L, sd R to a Left-Hand Star man fcg RLOD;

3-6 Umbrella Trns 2X to face;;;;

3-6 Fwd L, rec R, bk L raising lead hnds/cl R, bk L (*Bk R, rec L, fwd R trng ½ LF under joined hnds/cl L, bk R*); Bk R, rec L, fwd R raising lead hands/cl L, fwd R (*Bk L, rec R, fwd L trng ½ RF under joined lead hands/cl R, bk L*); Fwd L, rec R, bk L raising lead hands/cl R, bk L (*Bk R, rec L, fwd R trng ½ LF under joined hands/cl L, bk R*); Bk R, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R (*Bk L, rec R, fwd L trng ¼ RF to fc ptr, cl R, sd L*)

7-8 ½ Basic; Spot Trn;

7-8 Fwd L, rec R, sd L/R, sd L to BFLY; XRIF and turn away from each other, rec L and complete the full turn to face again, sd R/cl L, sd R;

PART C:

1-4 Chase;;;:

1-4 Fwd L trng RF ½, rec fwd R, fwd L/cl R, fwd L (*Bk R, rec fwd L, fwd R/cl L, fwd R*); Fwd R trng LF ½, rec fwd L, fwd R/cl L, fwd R (*Fwd L trng RF ½, rec fwd R, fwd L/cl R, fwd L*); Fwd L, rec bk R, bk L/cl R, bk L (*Fwd R trng LF ½, rec fwd L, fwd R/cl L, fwd R*); Bk R, rec fwd L, fwd R/cl L, fwd R (*Fwd L, rec bk R, bk L/cl R, bk L*);

5-8 ½ Basic; Aida(LOD); Switch Cross; Crab Walk;

5-6 Fwd L, rec R, sd L/R, L; Thru R trng LF ¼ to fc LOD, fwd L trng RF ½ to fc RLOD, bk R/lk bk LIF, bk R to Aida position (*Thru L trng RF ¼ to fc LOD, fwd R trng LF ½ to fc RLOD, lk bk L/lk bk RIF, bk L to Aida position*);

7-8 Trn sd L, rec R, XLIF/sd R, XLIF; Sd R, XLIF, sd R/ XLIF, sd R;

9-12 Time Step 2X;; Break Bk to LOD & Triple Chas Fwd;;

9-10 Releasing hnds XLIBR, Rec R, Sd L/Cl R, Sd L; XRIBL, Rec L, Sd R/Cl L, Sd L;

11-12 (BFLY/WALL) Bk L trng LF to fc LOD, rec R, fwd L/cl R, fwd L (*Bk R trng RF to fc LOD, rec L, fwd R/cl L, fwd R*); Fwd R/cl L, fwd R, fwd L/cl R, fwd L (*Fwd L/cl R, fwd L, fwd R/cl L, fwd R*);

13-16 Rk, Rec & Back Triple Chas;; Full Basic;;

13-14 (OP/LOD) Fwd R, rec L, bk R/cl L, bk R (*Fwd L, rec R, bk L/cl R, bk L*); Bk L/cl R, bk L, bk R/cl L bk R trng to face ptr in BFLY (*Bk R/cl L, bk R, bk L/cl R, bk R*);

15-16 Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R;

PART D:

1-4 Full Basic;; Break Bk to OP; Wlk 2 & Cha;

1-2 Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R;

3-4 Swivel LF to fc LOD/Bk L, rec R, fwd L/cl R, fwd L (*Swivel RF to fc LOD/Bk R, rec L, fwd R/cl L, fwd R*); Fwd R, fwd L, fwd R/Cl L, Fwd R;

5-8 Slide the Door 2X;; Circle Away & Together;;

5-6 Rk apt Sd L, Rec R releasing hnds, XLIF/Sd R, XLIF (XIF of M); Rk apt Sd R, Rec L releasing hnds, XRIF/Sd L, XRIF (XIF of M);

7-8 Trng LF Fwd L, Fwd R, Fwd L Cl/R, Fwd L; Trng RF ½ R Fwd, Fwd L, Fwd R, Cl/L, Fwd R;

END

1-6 Full Basic;; Break Bk to OP; Wlk 2 & Cha; Slide the Door 2X to BFLY;;

1-6 Repeat Meas 1 - 6 of D.

7-10 ½ Basic; Crab Walk (LOD); Sd Wlk; NYer (LOD);

7-10 Repeat Meas 3 - 6 of Intro

11-13 Crab Wlk (RLOD); Side Wlk; NYer (RLOD);

11-13 Repeat Meas 7 - 9 of Intro

14 into an Aida & hold;

14 Thru R trng LF ¼ to fc LOD, fwd L trng RF ½ to fc RLOD, bk R/bk lk LIF, bk R to Aida position and HOLD;