

My Rock

COPPER KNOB
STEPPSHEETS

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Helaine Norman (USA) - February 2023

Music: I Go to the Rock - Scooter Lee



Intro: Vocal - No tags or restarts

I. K-STEP

- 1-2 Step R diagonally, touch L together
- 3-4 Return L back diagonally, touch R together
- 5-6 Step R back diagonally, touch L together
- 5-8 Return L diagonally forward, touch R together

II. ROCKING CHAIR; SIDE, TOUCH, SIDE TOUCH

- 1-2 Rock R forward, recover to L
- 3-4 Rock R back, recover to L
- 5-6 Step R side, touch L together
- 7-8 Step L side, touch R together

III. ROCKING CHAIR; SIDE, TOUCH, SIDE TOUCH

- 1-2 Rock R forward, recover to L
- 3-4 Rock R back, recover to L
- 5-6 Step R side, touch L together
- 7-8 Step L side, touch R together

IV. JAZZ BOX ¼ R TURN

- 1-2 Step R over, hold
- 3-4 Step L back, hold
- 5-6 Step R side making ¼ turn right, hold
- 7-8 Step L together, hold

Optional 1-8: Jazz box 1/4 L turn (3:00); jazz box in place

Optional styling: TOE STRUTS: Touch toe and drop heel in place of each step, hold

REPEAT

Helaine43@gmail.com

Last Update: 25 Feb 2023