

# He Rocks

**Count:** 32

**Wand:** 4

**Ebene:** Beginner

**Choreograf/in:** Marion Nicholson

**Musik:** He Rocks - Wynonna



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- 1-2 Right heel to front 45 degrees, right toe to back 45 degrees  
3-4 Right heel to front 45 degrees, drop right foot to floor in place  
5-6 Left heel to front 45 degrees, left toe to back 45 degrees  
7-8 Left heel to front 45 degrees, drop left foot to floor in place
- 1-4 Right step/lock (step right forward at 45 degrees, lock left behind, step right forward) scuff left  
5-8 Vine left with a turn (step left to left, cross right behind, turn  $\frac{1}{4}$  turn left on left, tap right beside left)
- 1-4 Right foot to front 45 degrees, hip bump to right front 2 counts, to left back 2 counts  
5-8 Right foot to back 45 degrees, hip bump to right back 2 counts, to left front 2 counts
- 1-2 Sailor step (exaggerated) step right to right, lift left leg to left side  
3-4 Left behind right, right to right  
5-6 Sailor step (exaggerated) step left to left, lift right leg to right side  
7-8 Right behind left, left to left

**REPEAT**

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