

# He Rocks!

Count: 0

Wand: 2

Ebene: Intermediate/Advanced

Choreograf/in: Ilkka Malva

Musik: He Rocks - Wynonna



Sequence: ABC ABDC B End. Start 16 counts after Wynonna says "Alright, here we go"

## PART A

### STEP X3, APPLEJACK, STEP X3, APPLEJACK

- 1-2 Step right foot forward, step left foot forward  
3&4 Step right foot forward, twist right heel and fan left toes to left and back  
5-6 Step left foot forward, step right foot forward  
7&8 Step left foot forward, twist left heel and fan right toes to left and back

### SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, CROSS, UNWIND

- 9&10 Step right foot to right, bring left foot next to right, step right foot to right  
11-12 Rock left foot behind right foot, step right foot in place  
13&14 Step left foot to left, bring right foot next to left, step left foot to left  
15-16 Cross right foot across left, unwind ½ turn to left (with weight ending on left foot)

### STEP X3, APPLEJACK, STEP X3, APPLEJACK

- 17-24 Repeat counts 1-8

### SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE ½ TURN LEFT, STEP, STEP, CLAP

- 25-28 Repeat counts 9-12  
29&30 Step left foot turning ½ turn to left, bring right foot next to left, step left foot turning ½ turn to left  
&31-32 Step right foot forward, step left foot next to right (slightly apart), hold and clap

### KICK-BALL-CROSSES, MONTEREY TURN, SIDE SHUFFLE

- 33&34 Kick right foot forward, step right ball in place, cross left foot in front of right  
35&36 Repeat counts 33&34  
37-38 Touch right toes to right, bring right foot next to left making a ½ turn to right  
39&40 Cross left foot in front of right, step right foot to right, cross left foot in front of right

### KICK-BALL-CROSSES, MONTEREY TURN, STOMP, CLAP

- 41-46 Repeat counts 33-38  
47-48 Stomp left foot across in front of right, hold and clap

## PART B

### ROCKS, KICKS, SAILOR SHUFFLE

- 1-2 Rock forward on right foot, step back on left foot  
3-4 Rock back on right foot, step forward on left foot  
5-6 Kick right foot forward, kick right foot to right  
7&8 Step right foot behind left, step left foot to left, step right foot to right

### ROCKS, KICKS, TOUCH, UNWIND

- 9-10 Rock forward on left foot, step back on right foot  
11-12 Rock back on left foot, step forward on right foot  
13-14 Kick left foot forward, kick left foot to left  
15-16 Touch left foot behind right foot, unwind ½ turn to left (with weight ending on left foot)

## **STRUTS, TURNING SIDE STEPS, TOUCH**

- 17-20 Touch right toes forward, step right heel down, touch left toes forward, step left heel down  
21-22 Step right foot turning  $\frac{1}{4}$  to right, step left foot turning  $\frac{1}{4}$  to right  
23-24 Step right foot turning  $\frac{1}{4}$  to right, touch left foot next to right

## **STEP, SLIDE, STEP, SCUFF, $\frac{1}{2}$ TURN SHUFFLE, ROCK STEP**

- 25-28 Step left foot forward, slide right next to left, step left foot forward, scuff right foot forward  
29&30 Step right foot forward turning  $\frac{1}{4}$  left, bring left next to right, step right foot back turning  $\frac{1}{4}$  left  
31-32 Rock left foot back, step right foot forward

## **HEEL SWITCHES, TOUCH, CLAP**

- 33& Touch left heel to forward left, step left foot next to right  
34& Touch right heel to forward right, step right foot next to left  
35-36 Touch left toes to left, hold and clap

## **HEEL SWITCHES, TOUCH, CLAP**

- &37& Step left foot next to right, touch right heel to forward right, step right foot next to left  
38& Touch left heel to forward left, step left foot next to right  
39-40 Touch right toes to right, hold and clap

## **PART C**

### **ROCK STEPS, GRAPEVINE, SIDE SHUFFLE**

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

### **ROCK STEPS, SPIN, TURNING SIDE SHUFFLE**

- 9-10 Rock forward on left foot, step back on right foot  
11-12 Rock back on left foot, step forward on right foot  
13-14 Step left foot turning  $\frac{1}{4}$  to left, step right forward turning  $\frac{1}{2}$  to left  
15&16 Step left turning  $\frac{1}{4}$  to left, bring right foot next to left, step left turning  $\frac{1}{4}$  to left

## **PART D**

### **ROCK STEP, HEEL JACK, ROCK STEP, HEEL JACK**

- 1-2 Rock forward on right foot, step back on left foot  
&3&4 Step right foot back, touch left heel slightly forward left, step left foot in place, step right foot forward  
5-6 Rock forward on left foot, step back on right foot  
&7&8 Step left foot back, touch right heel slightly forward right, step right foot in place, step left foot forward

## **END**

### **ROCK STEP, $\frac{1}{2}$ TURN SHUFFLE, $\frac{1}{2}$ PIVOT TURN, $\frac{1}{4}$ PIVOT TURN**

- 1-2 Rock forward on right foot, step back on left foot  
3&4 Step right foot turning  $\frac{1}{4}$  to right, bring left next to right, step right foot turning  $\frac{1}{4}$  to right  
5-6 Step left foot forward, pivot  $\frac{1}{2}$  turn to right  
7-8 Step left foot forward, pivot  $\frac{1}{4}$  turn to right

## **HEEL SWITCHES, TOUCH, CLAP**

- 9& Touch left heel to forward left, step left foot next to right  
10& Touch right heel to forward right, step right foot next to left  
11-12 Touch left toes to left, hold and clap

## **HEEL SWITCHES, TOUCH, CLAP**

&13& Step left foot next to right, touch right heel to forward right, step right foot next to left  
14& Touch left heel to forward left, step left foot next to right  
15-16 Touch right toes to right, hold and clap

**ROCK STEP, ½ TURN SHUFFLE, ROCK STEP, ½ TURN SHUFFLE**

17-18 Rock forward with right foot, step left foot back  
19&20 Step right foot turning ¼ to right, bring left next to right, step right foot turning ¼ to right  
21-22 Rock forward with left foot, step right foot back  
23&24 Step left foot turning ¼ to left, bring right next to left, step left foot turning ¼ to left

**STEP, STEP, KICK-BALL-CHANGE, KICK-BALL-CROSS, SPIN**

25-26 Step right foot forward, step left foot forward  
27&28 Kick right foot forward, step right next to left, step left next to right  
29&30 Kick right foot forward, step right next to left, cross left in front of right  
31 Touch right foot across left and spin 'till you drop!

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