

455 Rocket

拍数: 32 墙数: 4 级数:
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音乐: 455 Rocket - Adam Brand
或: 455 Rocket - Kathy Mattea



S-1. STEP DIAGONALLY-TOUCH TWICE, RIGHT GRAPEVINE

- 1.- Step right diagonally forward
- 2.- Touch left beside right
- 3.- Step left diagonally forward
- 4.- Touch right beside left
- 5.- Step right to right side
- 6.- Step left behind right
- 7.- Step right to right side
- 8.- Touch left beside right

S-2. STEP DIAGONALLY-TOUCH TWICE, LEFT SHUFFLE

- 1.- Step left diagonally forward
- 2.- Touch right beside left
- 3.- Step right diagonally forward
- 4.- Touch left beside right
- 5.- Step left to left side
- &.- Step right beside left
- 6.- Step left to left side
- 7.- Rock back on right
- 8.- Recover onto left

S-3. SIDE, HOLD, TOGETHER, HOLD TWICE *

- 1.- Step right to right side
- 2.- Hold
- 3.- Step left together
- 4.- Hold
- 5.- Step right to right side
- 6.- Hold
- 7.- Step left together
- 8.- Hold (You can do this Section with syncopated movement of pelvis and chest)*

S-4. WALK F x 3, KICK, WALK BACK (L,R) , SAILOR STEP WITH ¼ TURN L

- 1.- Step right forward
- 2.- Step left forward
- 3.- Step right forward
- 4.- Kick left forward
- 5.- Step left back
- 6.- Step right back
- 7.- Step left behind right
- &.- ¼ Turn left, step right to right side slighty (9:00)
- 8.- Step left forward

START AGAIN