

Rock It-Rocket!

拍数: 32 墙数: 4 级数:
编舞者: Barbara May
音乐: 455 Rocket - Kathy Mattea



CROSS STEPS

- &1&2 Step on right, cross left over right, step on right to right, tap left heel forward towards 10 o'clock.
&3&4 Step to left on left, cross right over left, step to left, tap right heel forward towards 2 o'clock
&5&6
&7&8 Repeat

BUMPS AND HIP SWINGS

- 9-10 Step slightly forward at 45 degree angle to the right on the right foot while bumping hips forward twice

Bend the knees

- 11-12 Step left hip back twice and swing the hips while
13-14 Swing hips around to the right straightening the knees
15-16 Swing hips around the left. On 2nd count

BACK HITCH, ¼ TURN TO LEFT AND STOMP

- 17-18 Step back on right, hitch left knee
19-20 Turning the body ¼ to left step down on left stomp right next to left.

KICK BALL CROSS

- 21&22 Kick right forward step on ball of right (left lefts slightly) cross left over right.
23&24 Repeat

RIGHT & LEFT VINE WITH ¼ TURNS

- 25-26 Step right to right, step left behind, step right
27-28 ¼ turn to right
29-30 Step left to left, step right behind, step left
31-32 ¼ turn to left.

REPEAT
