

# Rocket

拍数: 64      墙数: 0      级数:  
编舞者: Vicky McCulloch (CAN)  
音乐: 455 Rocket - Kathy Mattea



## LEFT AND RIGHT DIAGONALS-HIP BUMPS

1-2&3-4      Left step diagonal left, hip bumps left-right-left, touch right beside left/clap  
5-6&7-8      Right step diagonal right, hip bumps right-left-right, touch left beside right/clap  
9-16          Repeat 1-8

## TOUCH CROSS BEHINDS, LEFT AND RIGHT, LEFT AND RIGHT

1-4          Touch left to side, left cross behind right, touch right to right, right cross behind left  
5-8          Touch left to side, left cross behind right, touch right to right, right touch beside left

## RIGHT AND LEFT KICK BALL CHANGES, TOUCH-HOLD & SIDE & SIDE

1&2-3&4      Right kick ball change, right kick ball change  
5-6&7&8&      Touch right to right side, hold & step right beside left & touch left to left side & step left beside right & touch right to right side & step right beside left  
1&2-3&4      Left kick ball change, left kick ball change  
5-6&7&8      Touch left to left side, hold & step left beside right & touch right to right side & step right beside left & touch left to left side

## LEFT SHUFFLE, RIGHT CROSS TURNS

1&2-3-4      Shuffle forward left-right-left, cross right over left, turn ½ left  
5&6-7-8      Shuffle forward left-right-left, cross right over left, turn ½ left

## LEFT AND RIGHT TOE, HEEL, HEEL SLAPS

1-4          Tap left toe over right, tap left heel forward, left heel slap side, step left beside right  
5-8          Tap right toe over left, tap right heel forward, right heel slap side, step right beside left

## LEFT STEP, TOUCH/CLAP, RIGHT TURN, TOUCHES

1-4          Left large step left, touch right beside left/clap, right step ¼ right, touch left beside right/clap  
5-8          Left large step left, touch right beside left/clap, right step ¼ right, touch left beside right/clap

## REPEAT

### Variation:

When doing the dance to "455 Rocket", while doing the first 16 steps after the musical break, clap hands on 2&3 as well as on 5. This goes well with a change in the song at that point.