

Rockin 455 Rocket

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Alice Vlahos (USA)
音乐: 455 Rocket - Kathy Mattea



STEP-HEEL, STEP-STEP, STEP-HEEL, STEP-STEP, OUT-OUT, STEP-CROSS, UNWIND, CLAP

&1 Step back diagonally left on left foot, extend right heel forward diagonally right
&2 Step home on right, step home on left beside right foot
&3 Step back diagonally right on right foot and extend left heel forward diagonally left
&4 Step home on left, step home on right beside left
&5 Step left foot left, step right foot right (feet are about shoulder width apart)
&6 Step left foot home, step right foot across left
7 Unwind ½ turn left
8 Clap

STEP-HEEL, STEP-STEP, STEP-HEEL, STEP-STEP, OUT-OUT, STEP-CROSS, UNWIND, CLAP

&9 Step back diagonally left on left foot, extend right heel forward diagonally right
&10 Step home on right, step home on left beside right foot
&11 Step back diagonally right on right foot and extend left heel forward diagonally left
&12 Step home on left, step home on right beside left
&13 Step left foot left, step right foot right (feet are about shoulder width apart)
&14 Step left foot home, step right foot across left
15 Unwind ½ turn left
16 Clap

SLIDE, HEEL, HEEL, HEEL, HEEL, SLIDE, HEEL, HEEL, HEEL, HEEL

& Slide left foot slightly back as you slide right foot forward
17-20 Bounce right heel on floor 4 times
& Slide right foot home as you slide left foot forward
21-24 Bounce left heel on floor 4 times

& RIGHT, & LEFT, RIGHT HEEL, HEEL, & LEFT, & RIGHT, LEFT HEEL, HEEL

&25 Slide left foot back, slide right foot forward
&26 Slide right foot back, slide left foot forward
& Slide left foot back
27-28 Slide right foot forward and bounce right heel twice
&29 Slide right foot back, slide left foot forward
&30 Slide left foot back, slide right foot forward
& Slide right foot back
31-32 Slide left foot forward and bounce left heel twice

SHUFFLE, ROCK, STEP, SHUFFLE, ROCK, STEP

33&34 Side shuffle to left side left, right, left
35 Rock back on right
36 Step forward on left
37&38 Side shuffle to right side right, left, right
39 Rock back on left
40 Step forward on right

TRIPLE IN PLACE TURNING FULL TURN, ROCK, STEP, SHUFFLE, ROCK, STEP

- 41&42 Step ¼ turn right with left foot on first step of triple, continue to turn as you complete triple
step left, right, left
- 43 Rock back on right
- 44 Step forward on left foot
- 45&46 Shuffle forward right, left, right
- 47 Rock forward on left
- 48 Step back on right

FOUR SAILOR SHUFFLES

- 49&50 Cross left behind right, step right on right, step left on left
- 51&52 Cross right behind left, step to left on left, step right on right
- 53&54 Cross left behind right, step right on right, step left on left
- 55&56 Cross right behind left, step to left on left, step right on right

STOMP, TAP, SCOOT, STEP, STEP, ROCK, STEP, ANCHOR IN PLACE

- 57 Stomp ¼ turn left on left
- 58 Tap right toes behind left foot
- &59 Scoot back on left, step back on right
- 60 Step back on left
- 61 Rock back on right
- 62 Step forward on left
- 63&64 Step forward on right, step left beside right, step right beside left (anchor in place, triple)

REPEAT
