

# 455 Rocket

拍数: 54      墙数: 0      级数:  
编舞者: Kathy Sharpe (USA)  
音乐: 455 Rocket - Kathy Mattea



**Position:** Couples begin in closed position, leads facing outside circle, follows facing inside circle, follows begin on right foot, leads stepping on left foot

## **BASIC EAST COAST SWING PATTERN IN CLOSED POSITION**

1-6            Basic east coast swing pattern in closed position  
1&2           Triple step  
3&4           Triple step  
5-6           Step back on free foot and rock forward onto free foot

## **FREE TURNS, ROCK STEP**

1&2           Triple step in place  
3&4           Follows turn full turn right and leads turn full turn left  
5-6           Rock step joining follow's right hand in lead's left

## **¼ TURN TO REVERSE LINE OF DANCE, TRIPLE STEP, ROCK STEP**

1&2           Follows ¼ turn left and leads ¼ turn right  
3&4           Triple step moving slightly back  
5-6           Rock step maintaining hand hold

## **TRIPLE STEP FORWARD, ½ TURN TO FORWARD LINE OF DANCE, ROCK STEP**

1&2           Partners triple step in place  
3&4           Dropping hands, follows turn ½ turn right and leads turn ½ turn left  
5-6           Join hands--follow's left in lead's right and rock step

## **FOLLOW'S WRAP, ROCK STEP**

1&2           Follows begin a full turn left  
3&4           Follows complete a full turn left  
5-6           Rock step (will now be in a wrap (cuddle) position to lead's right)

## **LEADS, MEANWHILE...**

1&2           Maintaining hand hold, leads lead follows into wrap by using a sweeping motion with right arm to the left and away from body  
3&4           Finish leading the turn. Footwork on 1-4 is a pair of basic triple steps  
5-6           Rock step, picking up follow's right hand in lead's left in front of lead's belt buckle

## **FOLLOWS SHUFFLE FORWARD TWICE, STOMP, STOMP**

1&2           Shuffle forward right, left, right  
3&4           Shuffle forward left, right, left  
5-6           Stomp right, left

## **LEADS, MEANWHILE...**

1&2           Shuffle forward left, right, left  
3&4           Shuffle forward right, left, right  
5-6           Stomp left, right (still in wrap position)

## **FOLLOWS ¾ TURN RIGHT, ROCK STEP. LEADS TURN ¼ TURN RIGHT, ROCK STEP**

1&2-3&4       Dropping hands joined in front, lead will lead follow into a ¾ turn right. Bringing right hand over follow's head and down to face lead. Lead turns ¼ turn right on counts 1&2 during their triple step, triple step in place on counts 3&4

5-6

Both rock step on counts 5-6 and join hands to bring follow back into closed position to start the dance again

**REPEAT**

---