

拍数: 64                      墙数: 2                      级数: Improver  
编舞者: Sal Gonzalez (USA)  
音乐: 455 Rocket - Kathy Mattea



## DIAGONAL, FORWARD, SLIDE, SHUFFLE

- 1                      Step forward diagonal on left foot
- 2-4                    Slide right foot beside left (3 counts)
- 5&6                    Shuffle forward (right-left-right)
- 7&8                    Shuffle forward (left-right-left)

## SHUFFLE FORWARD, ¼ TURNS

- 9&10                    Shuffle forward (right-left-right)
- 11&12                    Shuffle forward (left-right-left)
- 13                    Step forward onto right foot swaying hips to the right and make ¼ turn left
- 14                    Shift weight onto left foot swaying hips to the left
- 15                    Step forward on right foot swaying hips to the right and make ¼ turn left
- 16                    Shift weight onto left foot swaying hips to the left

## V-STEPS

- 17                    Step forward out diagonally on right foot
- 18                    Step forward out diagonally on left foot
- 19                    Step backward in diagonally on right foot
- 20                    Step backward in diagonally on left foot
- 21-24                    Repeat count 17-20

## V-STEPS, HOLD

- 25                    Step forward out diagonally on right foot
- 26                    Hold
- 27                    Step forward out diagonally on left foot
- 28                    Hold
- 29                    Step backward in diagonally on right foot
- 30                    Hold
- 31                    Step backward in diagonally on left foot
- 32                    Hold

## RIGHT SIDE SHUFFLE, CROSS SHUFFLE, SIDE SHUFFLE ROCK

- 33&34                    Side step-together-step (right-left-right)
- 35&36                    Step (cross) left foot in front of right foot; while keeping feet in a crossed position, step right with right foot; with feet still crossed, step right with left foot, weight is on left
- 37&38                    Step side with right foot, left together, side step with right
- 39                    Rock back on left foot
- 40                    Rock forward on right foot

## LEFT SIDE SHUFFLE, CROSS SHUFFLE, SIDE SHUFFLE ROCK

- 41&42                    Side step-together-step (left-right-left)
- 43&44                    Step (cross) right foot in front of left foot; while keeping feet in a crossed position, step left with left foot; with feet still crossed, step left with right foot, weight is on right
- 45&46                    Step side with left foot, right together, side step with left
- 47                    Rock back on right foot
- 48                    Rock forward on left foot

## **TOE STRUTS FORWARD**

- 49-50 Step forward with right toe, right heel down
- 51-52 Step forward with left toe, left heel down
- 53-54 Step forward with right toe, right heel down
- 55-56 Step forward with left toe, left heel down

## **TOGETHER-KNEE POPS**

- 57 Step right foot next to left
- 58 Hold
- 59 Bring left heel up and pop left knee out
- 60 Lower left heel to floor and bend right knee out
- 61 Lower right heel to floor and bend left knee out
- 62 Lower left heel to floor and bend right knee out
- 63 Lower right heel to floor and bend left knee out
- 64 Hold

## **REPEAT**

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