

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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