

Rocket

拍數: 64 牆數: 0 級數:
編舞者: Vicky McCulloch (CAN)
音樂: 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.