

# Rockin 455 Rocket

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Alice Vlahos (USA)  
音樂: 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**

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