

# He Rocks

拍數: 48      牆數: 2      級數:  
編舞者: Tracie Lee (AUS)  
音樂: He Rocks - Wynonna



- 1-2&      Step right forward at 45 degrees right, lock left behind right, step right beside left  
3-4&      Step left forward at 45 degrees left, lock right behind left, step left beside right  
5-6      Point right toe to right side, hold  
&7-8      Step right beside left, tap left toe beside right, kick left forward at 45 degrees left
- 1&2      Step left behind right, step ball of right to right side, replace weight to left (sailor step)  
3&4      Step right behind left, step ball of left to left side, replace weight to right (sailor step)  
5-6      Step left behind right, turn ¼ turn right & step right forward  
7-8      Turn ¼ turn right & step left to left side, turn ½ turn right & step right to right side
- 1-2      Rock forward on left across over right, rock back onto right  
3&4      Turn ¼ turn left & shuffle forward left-right-left  
5&6      Turn ¼ turn left & shuffle to right side right-left-right  
7-8      Turn ½ turn left & step left to left side, tap right beside left
- &1-2      Step back on ball of right, step left forward, step right beside left  
3      Point left toe to left side turning body ¼ turn right (the left toe touch should become a touch back)  
4      Turn body ¼ turn left & step left beside right  
&5-8      Repeat above 4 counts
- 1&2      Shuffle to right side right-left-right  
3-4      Touch ball of left behind right, pivot ½ turn left taking weight to left  
5-6      Rock forward on right, rock back on left  
7&8      Step right back, step left beside right, step right forward (coaster step)
- 1-2      Step left forward, pivot ½ turn right taking weight to right  
3-4      Step left forward, pivot ½ turn right taking weight to right  
5-8      Step left forward at 45 degrees left & bump hips to left 4 times ending with weight on left

## REPEAT

## TAG

**At the end of the second wall when facing the front**

- 1-4      Rock forward on right, rock back on left, rock back on right, rock forward on left  
5-8      Step right forward, pivot ½ turn left, step right forward, pivot ½ turn left taking weight to left