

# He Rocks

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Marion Nicholson  
音樂: He Rocks - Wynonna



- 
- 1-2      Right heel to front 45 degrees, right toe to back 45 degrees  
3-4      Right heel to front 45 degrees, drop right foot to floor in place  
5-6      Left heel to front 45 degrees, left toe to back 45 degrees  
7-8      Left heel to front 45 degrees, drop left foot to floor in place
- 1-4      Right step/lock (step right forward at 45 degrees, lock left behind, step right forward) scuff left  
5-8      Vine left with a turn (step left to left, cross right behind, turn ¼ turn left on left, tap right beside left)
- 1-4      Right foot to front 45 degrees, hip bump to right front 2 counts, to left back 2 counts  
5-8      Right foot to back 45 degrees, hip bump to right back 2 counts, to left front 2 counts
- 1-2      Sailor step (exaggerated) step right to right, lift left leg to left side  
3-4      Left behind right, right to right  
5-6      Sailor step (exaggerated) step left to left, lift right leg to right side  
7-8      Right behind left, left to left

**REPEAT**

---