

455 Rocket

拍數: 54 牆數: 0 級數:
編舞者: Kathy Sharpe (USA)
音樂: 455 Rocket - Kathy Mattea



Position: Couples begin in closed position, leads facing outside circle, follows facing inside circle, follows begin on right foot, leads stepping on left foot

BASIC EAST COAST SWING PATTERN IN CLOSED POSITION

1-6 Basic east coast swing pattern in closed position
1&2 Triple step
3&4 Triple step
5-6 Step back on free foot and rock forward onto free foot

FREE TURNS, ROCK STEP

1&2 Triple step in place
3&4 Follows turn full turn right and leads turn full turn left
5-6 Rock step joining follow's right hand in lead's left

¼ TURN TO REVERSE LINE OF DANCE, TRIPLE STEP, ROCK STEP

1&2 Follows ¼ turn left and leads ¼ turn right
3&4 Triple step moving slightly back
5-6 Rock step maintaining hand hold

TRIPLE STEP FORWARD, ½ TURN TO FORWARD LINE OF DANCE, ROCK STEP

1&2 Partners triple step in place
3&4 Dropping hands, follows turn ½ turn right and leads turn ½ turn left
5-6 Join hands--follow's left in lead's right and rock step

FOLLOW'S WRAP, ROCK STEP

1&2 Follows begin a full turn left
3&4 Follows complete a full turn left
5-6 Rock step (will now be in a wrap (cuddle) position to lead's right)

LEADS, MEANWHILE...

1&2 Maintaining hand hold, leads lead follows into wrap by using a sweeping motion with right arm to the left and away from body
3&4 Finish leading the turn. Footwork on 1-4 is a pair of basic triple steps
5-6 Rock step, picking up follow's right hand in lead's left in front of lead's belt buckle

FOLLOWS SHUFFLE FORWARD TWICE, STOMP, STOMP

1&2 Shuffle forward right, left, right
3&4 Shuffle forward left, right, left
5-6 Stomp right, left

LEADS, MEANWHILE...

1&2 Shuffle forward left, right, left
3&4 Shuffle forward right, left, right
5-6 Stomp left, right (still in wrap position)

FOLLOWS ¾ TURN RIGHT, ROCK STEP. LEADS TURN ¼ TURN RIGHT, ROCK STEP

1&2-3&4 Dropping hands joined in front, lead will lead follow into a ¾ turn right. Bringing right hand over follow's head and down to face lead. Lead turns ¼ turn right on counts 1&2 during their triple step, triple step in place on counts 3&4

5-6

Both rock step on counts 5-6 and join hands to bring follow back into closed position to start the dance again

REPEAT
