

455 Rocket

拍數: 64 牆數: 0 級數:
編舞者: Jane Montgomery (USA)
音樂: 455 Rocket - Kathy Mattea



HEEL TAP, HIP BUMPS

- 1-4 Tap right heel forward, step right next to left, bump hips to right twice
5-8 Bump hips to the left twice, roll hips around from left to right (weight on right foot)

SHUFFLE FORWARD, ROCK, SHUFFLE BACK, ROCK

- 9-12 Shuffle forward left, right, left, rock forward on right, rock back on left
13-16 Shuffle backward right, left, right, rock back on left, rock forward on right

SHUFFLES & PIVOTS, ROCK

- 17-18 Shuffle slightly to left side left, right, left
&19-20 With weight on left foot pivot ½ turn to the left, shuffle to side right, left, right (facing back)
&21-22 With weight on right foot pivot ½ turn to the left, shuffle to side left, right, left (facing front)
23-24 Cross right in front of left and rock forward on right, back on left
25-26 Shuffle slightly to right side right, left, right
&27-28 With weight on right foot pivot ½ turn to the right, shuffle to side left right, left (facing back)
&29-30 With weight on left foot pivot ½ turn to the right, shuffle to side right, left, right (facing front)
31-32 Cross left in front of right and rock forward on left, back on right, backward toe heel struts, stomp stomp
33-40 Touch left toe back slap left heel down, touch right toe back, slap right heel down, touch left toe back slap left heel down, stomp right foot, stomp left foot

CROSS, TURN, CROSS, TURN

- 41-42 Cross right over left touch right toe next to left foot, pivot 2 turn in place to the left
43-44 Cross left over right touching left toe next to right foot, pivot 2 turn in place to the right

SYNCOPATED HIP BUMPS WITH ARM CROSSES

- & Bump hips to right with arms stretched straight out forward palms down
45 Bump hips to left and cross left hand over right in front of body
&46 Bump hips to right and open arms, bump hips to left and cross right hand over left
&47&48 Repeat counts & 45 & 46

SHUFFLE, STEP, SIDE, PIVOT, STEP, SHUFFLE, SIDE, PIVOT, KICK, KICK

- 49-52 Shuffle forward right, left, right, step forward on left foot, step to right side on right foot
53-56 With weight on right foot pivot 2 turn to the left landing on left foot, step forward on right foot, shuffle forward left, right, left

JAZZ BOX WITH ¼ TURN TO THE LEFT

- 61-64 Cross right over left and step down, step back on left making ¼ turn to the left, step to right on right foot, step left next to right

REPEAT