

Let's Rocket

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Francien Sittrop (NL) - July 2008
音樂: Step Up - Darin Zanyar : (CD: Darin)



Intro : 32 counts from the beginning, after 18 sec. 104 bpm.

(1 – 8) Big Step fwd, Drag and Close, Out Out, In In, Step fwd, Touch, Jump Back and Kick, Coaster Heel Step

1 – 2 Big Step With R fwd, Step L next to R
&3&4 R step Out, L step Out, R step in, L step in
5 & 6 R step fwd, Touch L next to R, Jump L back and Kick R fwd
7&8& R step back, L step next to R, R heel touch fwd, Step R next to L (12.00)

(9-16) Step L back ¼ R , R step out with Hip Sways, Coaster Step, Touch fwd, Swivel ½ Turn L with Kick, Coaster Cross with ¼ Turn L

1 - 2 Make ¼ R stepping L to L Side slightly back with hip push, Step R to R Side with hip push (3:00)
3 & 4 Step L back, Step R next to L, Step L fwd
5 - 6 Touch ball of R fwd with a dip, Swivel ½ Turn L and Kick L fwd (9.00)
7 & 8 Step L back, Step R next to L, Make ¼ L and cross L over R (6.00)

(17-24) Side, Drag, Touch, Out, Swivel R In and Hitch, Sailor Step, Ball Cross, Touch, Flick

1,2& Step R Long to R Side, Drag L and Touch L in place, Step L to L Side (feet shoulder width apart)
3&4 Swivel R heel in, Swivel R toes in, Hitch R leg
5 & 6 R cross behind L, Step L to L side, Step R to R side
&7&8 Step L next to R, Step R across L, Touch L to L side, Flick L foot behind R leg

(25-32) ¼ L, ½ L, Full Triple Turn L, Walk Back R, L, Ball Step-Lock-Step

1 – 2 Make ¼ Turn L and step L fwd, Make ½ turn L and step R back (9.00)
3 & 4 Full Turn Left L,R,L (9.00)
5 - 6 Walk Back R, L
&7&8 Step R next to L, Step L fwd, Lock R behind L, Step L fwd (9.00)

Tag : after wall 1 – 2 – 3

(33-40) ¼ L and Slide x4, Step Rock Replace, Step Rock Replace

1 – 2 Make on ball of L ¼ Turn L and slide R to R side (6.00), Make on Ball of R ¼ Turn L and slide with L to L side (3.00)
3 – 4 Make on ball of L ¼ Turn L and slide R to R side (12.00), Make on Ball of R ¼ Turn L and slide with L to L side (9.00)
5 & 6 Step R Fwd, Rock L to L Side, Recover On R in place
7 & 8 Step L Fwd, Rock R to R Side, Recover On L in place

(41-48) Step Fwd, Knee Pops, Step Back, Knee Pops, Ball Step ,Step L fwd, Pivot ½ Turn Step Fwd, Touch

1 & 2 Step R fwd, Both Knees up and down
3 & 4 Step R back, Both Knees up and down,
&5-6 L step next to R, Step R fwd, Step L fwd
7 & 8 Step R fwd, make ½ turn L, Touch R next to L(3.00)

Option count 1 – 4: put your Shoulders to the front and back

Start Again

Ending: Dance last wall up to count 14. Then make a Sailor ½ turn instead of Coaster ¼ Turn Cross

