

Rocket

拍數: 0 牆數: 2 級數: Phrased High Intermediate
編舞者: Alan Birchall (UK) - March 2010
音樂: Rocket - Goldfrapp : (CD: Head First or CD Single)



Steps/Count: Part A: 64 Part B: 64

Sequence:

A, 32 counts of A, 32 Counts of B, A, 32 counts of A, B, A modified, B modified, 32 Counts Of A -Then BIG Finish

Start: On Lyrics – 8 Sec - 16 Counts

Part A

FRONT, SIDE, BEHIND, ¼ TURN, STEP ½ PIVOT, STEP ¼ PIVOT

- 1-2 Cross Left Over Right, Step Right To Right
- 3-4 Cross Left Behind Right, Step Right To Right Making ¼ Turn Right 3 'o' Clock
- 5-6 Step Forward On Left, ½ Pivot Right 9 'o' Clock
- 7-8 Step Forward On Left, Make ¼ Turn Left Stepping Right To Right 6 'o' Clock

½ TURN, CROSS, ¼ TURN, ½ TURN, STEP ½ PIVOT, SHUFFLE

- 9-10 Make ¼ Turn Left Stepping Left To Left, Cross Right Over Left 12 'o' Clock
- 11&12 Make ¼ Turn Right Stepping Back On Left, Make ½ Turn Right Stepping Forward On Right 9 'o' Clock
- 13-14 Step Forward On Left, ½ Pivot Right 3 'o' Clock
- 15&16 Step Forward On Left, Step Right By Left, Step Forward On Left

KICK, TOUCH X 2, SAILOR STEPS X 2

- 17&18 Kick Right Foot Forward, Step Right By Left, Touch Left To Left (During Countdown Shout '5')
- 19&20 Kick Left Foot Forward, Step Left By Right, Touch Right To Right (During Countdown Shout '4')
- 21&22 Cross Right Behind Left, Step Left To Left, Step Right In Place (During Countdown Shout '3')
- 23&24 Cross Left Behind Right, Step Right To Right, Step Left In Place (During Countdown Shout '2')

CROSS ROCK, RECOVER, SIDE SHUFFLE ¼ TURN, CROSS ROCK, RECOVER, COASTER STEP

- 25-26 Cross Rock Right Over Left, Recover On Left (During Countdown Shout '1')
- 27&28 Step Right To Right, Left By Right, Right To Right Making ¼ Turn 6 'o' Clock
- 29-30 Cross Rock Left Over Right, Recover On Right
- 31&32 Step Back On Left, Step Right By Left, Step Forward On Left (Alternative: Triple Turn Left) 6 'o' Clock

Note: Dance finishes here with a full triple turn left to the front wall - then a BIG step forward to right diagonal

CROSS, SIDE, CROSS SHUFFLE, ROCK, RECOVER, BEHIND, SIDE, CROSS

- 33-34 Cross Right Over Left, Step Left To Left
- 35&36 Cross Right Over Left, Step Left To Left, Cross Right Over Left
- 37-38 Rock Left To Left, Recover On Right
- 39&40 Cross Left Behind Right, Step Right To Right, Cross Left Over Right

TOE SWITCH'S, BOUNCE TURN

- 41&42 Touch Right To Right, Step Right By Left, Touch Left To Left
- &43&44 Step Left By Right, Touch Forward With Right, Step Right By Left, Touch Left Toe Back
- 45-48 Bounce Heels Four Times Whilst Making ½ Turn Left (Weight Ends On Left) 12 'o' Clock

SIDE SHUFFLE, ROCK BACK, RECOVER, ¼ SIDE SHUFFLE, ROCK BACK RECOVER

- 49&50 Step Right To Right, Step Left By Right, Step Right To Right
 51-52 Rock Back On Left, Recover On Right
 53&54 Step Left To Left, Making ¼ Turn Right Step Right By Left, Step Left To Left 3 'o' Clock
 55-56 Rock Back On Right, Recover On Left

FORWARD SHUFFLE, STEP, ½ PIVOT, KICK BALL STEP, STEP ¼ PIVOT

- 57&58 Step Forward On Right, Step Right By Left, Step Forward On Right
 59-60 Step Forward On Left, ½ Pivot Right 9 'o' Clock
 61&62 Kick Left Forward, Step Left By Right, Step Forward On Right
 63-64 Step Forward On Left, ¼ Pivot Left 12 'o' Clock

NOTE: On the FIFTH sequence Shuffle Forward On Left, Right, Left (3 'o' Clock – 3mins)

Part B - Note: This Section Is ONLY Danced To The Chorus ('Oh Oh Oh I Got A Rocket'... etc.)

The Clock Faces are as they appear the first time this section is danced

¾ PADDLE TURN(LEFT), HOLD, ROCK RECOVER, COASTER

- 1& Making ¼ Turn Left, Touch Right To Right (Song Word: Oh) 3 'o' Clock
 2& Making ¼ Turn Left, Touch Right To Right (Song Word: Oh) 12 'o' Clock
 3& Making ¼ Turn Left, Touch Right To Right (Song Word: Oh) 9 'o' Clock
 4 Hold
 5-6 Rock Forward On Right, Recover On Left
 7&8 Step Back On Right, Left By Right, Forward On Right

¾ PADDLE TURN(RIGHT), HOLD, ROCK RECOVER, COASTER

- 9& Making ¼ Turn Right, Touch Left To Left (Song Word: Oh) 12 'o' Clock
 10& Making ¼ Turn Right, Touch Left To Left (Song Word: Oh) 3 'o' Clock
 11& Making ¼ Turn Right, Touch Left To Left (Song Word: Oh) 6 'o' Clock
 12 Hold
 13-14 Rock Forward On Left, Recover On Right
 15&16 Step Back On Left, Right By Left, Forward On Left

¼ TURNING JAZZ BOX X 2

- 17-18 Cross Right Over Left, Step Back On Left (Song Word: Oh)
 19-20 Making ¼ Turn Right Step Right To Right, Step Forward On Left (Song Word: Oh) 9 'o' Clock
 21-22 Cross Right Over Left, Step Back On Left (Song Word: Oh)
 23-24 Making ¼ Turn Right Step Right To Right, Step Forward On Left 12 'o' Clock

ROCK, RECOVER, SAILOR STEPS X 2, FORWARD SHUFFLE

- 25-26 Rock Right To Right, Recover On Left
 27&28 Cross Right Behind, Step Left To Left, Step Right In Place
 29&30 Cross Left Behind Right, Step Right To Right, Step Left in Place
 31&32 Step Forward On Right, Left By Right, Step Forward On Right

NOTE: On The FIRST sequence only: - Cross Right Behind Left, Unwind ½ Turn Right (6 'o' Clock)

This Section Is A Mirror Image Of The Above APART From The Last 2 Counts!!!!

¾ PADDLE TURN(RIGHT), HOLD, ROCK RECOVER, COASTER

- 33& Making ¼ Turn Right, Touch Left To Left (Song Word: Oh)
 34& Making ¼ Turn Right, Touch Left To Left (Song Word: Oh)
 35& Making ¼ Turn Right, Touch Left To Left (Song Word: Oh)
 36 Hold
 37-38 Rock Forward On Left, Recover On Right
 39&40 Step Back On Left, Step Right By Left, Forward On Left

¾ PADDLE TURN(LEFT), HOLD, ROCK RECOVER, COASTER

41& Making ¼ Turn Left, Touch Right To Right (Song Word: Oh)
42& Making ¼ Turn Left, Touch Right To Right (Song Word: Oh)
43& Making ¼ Turn Left, Touch Right To Right (Song Word: Oh)
44 Hold
45-46 Rock Forward On Right, Recover On Left
47&48 Step Back On Right, Left By Right, Forward On Right

¼ TURNING JAZZ BOX X 2

49-50 Cross Left Over Right, Step Back On Right (Song Word: Oh)
51-52 Making ¼ Turn Left Step Left To Left, Step Forward On Right (Song Word: Oh)
53-54 Cross Left Over Right, Step Back On Right (Song Word: Oh)
55-56 Making ¼ Turn Left Step Left To Left, Step Forward On Right

ROCK, RECOVER, SAILOR STEPS X 2, STEP ½ PIVOT

57-58 Rock Left To Left, Recover On Right
59&60 Cross Left Behind Right, Step Right To Right, Step Left in Place
61&62 Cross Right Behind, Step Left To Left, Step Right In Place
63- 64 Step Forward On Left, ½ Pivot Right

NOTE: Last Wall Only Step Forward On Left, ¼ Pivot Right (6 'o' Clock)

START AGAIN
