

# Rock It - Here

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Tony Myers (UK) - March 2011  
音樂: Rocketeer - Far East Movement : (Album: Free Wired)



## Count in 32

### Step, Slide: Rock & Cross: Step, Slide: Sailor ½ Turn

1,2            Step Forward on right to right diagonal (1), Slide left next to right (weight on right) (2) (1:30)  
3&4           Rock left to side, (3), Recover on right (&), Cross left over right (4)  
5,6            Step back on right to right diagonal (5), Slide left back next to right (weight on right) (6) (4:30)  
7&8           Step left behind right (7), Turn ¼ left stepping back on right (&), Turn ¼ left stepping forward left (8) (7:30)

### Knee Bends x 2: Behind side Cross: Lunge right x 2: Side behind ¼ Turn

1,2            Bend both Knees while raising heels, step heels down (1), Bend both Knees while raising heels, step heels down (2) #  
3&4           Step left behind right (3), Step right to side (&), Cross left over right (4)  
5,6            Lean right to side bending right knee, recover on left (5), Lean right to side bending right knee (6) #  
7&8           Step left to side (7), Step right behind left (&), Turn ¼ left stepping left forward (8) (3:00)

### Together, Forward, Touch: Mambo ½ turn: ¼ turn, knee pop: Run, Run, Touch back

&1,2           Step right next to left (&), Step forward left (1), Touch right next to left (2)  
3&4           Rock forward on right (3), Recover on left (&), Turn ½ turn right stepping forward on right (4) (9:00)  
5&6           Touch left next to right (5) Turn ¼ left on left (&), Touch right to side while popping right knee in (6) (6:00)  
7&8           Run back right (7), run back left (&) Touch right toe back (8)

### Strut, Strut: Behind, Rock, Side: ½ turn, Step: Step, Turn, Turn

1,2            Step on right while raising left heel (1), Step down on left while raising right heel (2) #  
3&4           Step right behind left (3), Rock left to side (&) recover on right stepping right to side (4)  
5&6           Turn ¼ left on left (5) Step right next left (&) Turn ¼ left stepping forward left (6)  
7&8           Step forward on right (7), pivot ½ turn left (&) Turn ½ left on ball of left stepping right next to left (8) (12:00)

### Side, Cross: Back, Cross, Turn: Rock, Recover: Coaster Step

1,2            Step left to side (1), Cross right over left (2)  
3&4           Step back on left (3), Cross right over left (&) Swivel ¼ left on balls of both feet (4) (9:00)  
5,6            Rock forward on left (5), recover on right (6)  
7&8           Step back on left (7), Step right together (&), Step left forward (8)

### Walk, Walk: Cross Shuffle: Heel Bounce x 2: Kick, Step, Cross

1,2            Walk forward Right (1) Left (2) #  
3&4           Cross right over left (3), step left to side (&), Cross right over left (4)  
5,6            Turn ¼ left bouncing heels (5), Turn ¼ left bouncing heels (6) (3:00) #  
7&8           Kick left forward (7), Step down on left (&) Cross right over left (8)

### Back, Hold: Rock, Recover, Side: Full Turn: Step, Touch, Kick

1,2            Step back on left (1), Hold (2)  
3&4           Rock right to side (3), Recover on left (&) Step right big step to right (4)  
5,6            Turn ½ left stepping forward left (5), Turn ½ left stepping back on right (6)

7&8 Step left to side (7), Touch right up to left (&), Kick right to right diagonal (8)

**Sway, Sway: Cross, Back, Heel: Together, step, pivot: Touch, Out, Out**

1,2 Step/Sway right to side (1), Sway left to side (2) #

3&4 Cross right over left (3), Turn  $\frac{1}{4}$  right stepping back on left (&) Dig right heel diagonally forward (4) (6:00)

&5,6 Step right next to left (&) Turn  $\frac{1}{4}$  left step forward left (5) Pivot  $\frac{1}{2}$  turn right (weight on left) (6) (9:00)

7&8 Touch right next to left (7) Step out right (&) Step out left (8)

**# On walls 1, 2&5 Where they sing "up up", Gesture to the sky anyway you want!**

**Wall 4 Section 4 they sing "I'm like oh,oh,oh,oh, I'm like oh,oh,oh,oh", Alter this section to:-**

&1,2 Turn  $\frac{1}{2}$  left on ball of right(&) Step out left(1) Step out Right

3, 4, 5, 6, 7, 8 Pop Knees in Left, Right, Left, Right, Left, Right

**Continue as normal on section 5.**

**Wall 5 Just dance first 32 counts back to front wall to finish dance.**

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