# He Rocks The World



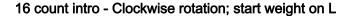
Count: 32 Wall: 4 Level: Low Intermediate - Smooth WCS

rhythm

Choreographer: Lisa McCammon (USA) - November 2013

Music: Red-Suited Super Man (feat. Trombone Shorty) - Rod Stewart : (CD: Merry

Christmas, Baby)



Alternate track: Softer Than A Whisper by Hal Ketchum, 094 BPM, 32 count intro (this track sounds like there's a Restart during the 5th repetition, but if you keep dancing it will end evenly)

### [1-8] SWAY, SWAY, BALL-CROSS-SWAY-BALL-CROSS, SIDE, SAILOR 1/2 R

1 Sway R

Sway L, step R home, cross step L over RSway R, step L home, cross step R over L

6 Step L to side

7&8 Turn ½ R [6] sweeping R behind stepping onto R, step L to side, step R slightly forward

## [9-16] UP-UP, BACK, BACK CHASSE, BACK, POINT-HEEL-POINT-HEEL-POINT-HEEL

&1-2	Sten forward I	sten R next to I	sten hack I	(syncopated forward	coaster)
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3&4 Step back R, step L next to R, step back R

5 Step back L (the next counts feel like a "soft shoe")

& Rock lightly to R side, lifting L heel slightly

6 Drop L heel

& Rock lightly forward onto R, lifting L heel slightly

7 Drop L heel

& Rock lightly to R side, lifting L heel slightlyB Drop L heel (wt is on L, R is pointed to side)

### [17-24] CROSS ROCK, REC-BALL-CROSS ROCK, REC, SAILOR 1/4 L, FORWARD ROCK, REC

1-2 Rock R across L, recover wt to L

&3-4 Step R next to L, rock L across R, recover wt to R (sweep L to prep sailor)

5&6 Turn ¼ L [3] stepping L back, step R home, step L slightly forward

7-8 Rock forward R, recover wt to L

# [25-32] TURN-TOUCH-HIP BUMP-TURN-TOUCH-HIP BUMP, BACK-TOUCH, BACK-TOUCH, OUT-OUT-IN-CROSS

&1 Turn ¼ R [6] stepping slightly forward R, touch	ouch L next to R
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&2 Bump L hip up/down (wt stays R)

&3 Turn ¼ L [3] stepping slightly forward L, touch R next to L

&4 Bump R hip up/down (wt stays L)

Take small step back R, touch L slightly forwardTake small step back L, touch R slightly forward

&7&8 Step R to side, L to side; step R in, cross step L over R

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