

He Rocks A Little

Compte: 32

Mur: 4

Niveau: Beginner - WCS rhythm



Chorégraphe: Lisa McCammon (USA) - November 2013

Musique: Red-Suited Super Man (feat. Trombone Shorty) - Rod Stewart : (CD: Merry Christmas, Baby)

16 count intro. - clockwise rotation; start weight on L.

Alternate track: Softer Than A Whisper by Hal Ketchum, 094 BPM, 32 count intro (will go off phrase after the 16 count bridge but ends evenly)

Note to instructors--this dance contains some easy syncopation and the following steps: sways; a crossing triple; chasses forward and back; side, touches; a modified jazz triangle; and hip bumps. The only turns are $\frac{1}{4}$.

[1-8] SWAY, SWAY, CROSSING TRIPLE, SWAY, TURN $\frac{1}{4}$ R, FORWARD CHASSE

- 1-2 Sway R, L (open slightly to L diagonal with momentum to L)
- 3&4 Cross R over L, step L to side, cross R over L
- 5 Step to L swaying L
- 6 Turn $\frac{1}{4}$ R [3] taking weight onto R (your momentum will be forward)
- 7&8 Step forward L, step R next to L, step forward L

[9-16] FORWARD ROCK, RECOVER, CHASSE BACK, BACK, TOUCH, TOUCH, TOUCH

- 1-2 Rock forward R, recover L
- 3&4 Step back R, step L next to L, step back R
- 5 Step back L (your weight will stay on L through next 3 counts)
- 6-7-8 Touch R toes to side, touch R toes forward, touch R toes to side

[17-24] CROSS, BACK, SIDE, CROSS, SIDE, TOUCH, SIDE, TOUCH

- 1-4 Cross step R over L, step back L, step R to side, cross step L over R (modified jazz triangle)
- 5-8 Step R to side, touch L home; step L to side, touch R home

[25-32] TURN, TOUCH, TURN, TOUCH, BUMP HIPS RLR, LRL

- 1-2 Turn $\frac{1}{4}$ R [6] stepping forward R, touch L home
- 3-4 Turn $\frac{1}{4}$ L [3] stepping side L, touch R
- 5 Take small step to R (feet will be slightly apart)
- &6 With weight on R, bump hips L-R
- 7 Sway onto L
- &8 With weight on L, bump hips R-L (think of count 8 as a sway leading to the sway R which begins the pattern)

This step sheet is not authorized for release to Kickit.

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