

# 455 Rocket

拍数: 64      墙数: 0      级数:  
编舞者: Jane Montgomery (USA)  
音乐: 455 Rocket - Kathy Mattea



## HEEL TAP, HIP BUMPS

- 1-4      Tap right heel forward, step right next to left, bump hips to right twice  
5-8      Bump hips to the left twice, roll hips around from left to right (weight on right foot)

## SHUFFLE FORWARD, ROCK, SHUFFLE BACK, ROCK

- 9-12      Shuffle forward left, right, left, rock forward on right, rock back on left  
13-16      Shuffle backward right, left, right, rock back on left, rock forward on right

## SHUFFLES & PIVOTS, ROCK

- 17-18      Shuffle slightly to left side left, right, left  
&19-20      With weight on left foot pivot ½ turn to the left, shuffle to side right, left, right (facing back)  
&21-22      With weight on right foot pivot ½ turn to the left, shuffle to side left, right, left (facing front)  
23-24      Cross right in front of left and rock forward on right, back on left  
25-26      Shuffle slightly to right side right, left, right  
&27-28      With weight on right foot pivot ½ turn to the right, shuffle to side left right, left (facing back)  
&29-30      With weight on left foot pivot ½ turn to the right, shuffle to side right, left, right (facing front)  
31-32      Cross left in front of right and rock forward on left, back on right, backward toe heel struts, stomp stomp  
33-40      Touch left toe back slap left heel down, touch right toe back, slap right heel down, touch left toe back slap left heel down, stomp right foot, stomp left foot

## CROSS, TURN, CROSS, TURN

- 41-42      Cross right over left touch right toe next to left foot, pivot 2 turn in place to the left  
43-44      Cross left over right touching left toe next to right foot, pivot 2 turn in place to the right

## SYNCOATED HIP BUMPS WITH ARM CROSSES

- &      Bump hips to right with arms stretched straight out forward palms down  
45      Bump hips to left and cross left hand over right in front of body  
&46      Bump hips to right and open arms, bump hips to left and cross right hand over left  
&47&48      Repeat counts & 45 & 46

## SHUFFLE, STEP, SIDE, PIVOT, STEP, SHUFFLE, SIDE, PIVOT, KICK, KICK

- 49-52      Shuffle forward right, left, right, step forward on left foot, step to right side on right foot  
53-56      With weight on right foot pivot 2 turn to the left landing on left foot, step forward on right foot, shuffle forward left, right, left

## JAZZ BOX WITH ¼ TURN TO THE LEFT

- 61-64      Cross right over left and step down, step back on left making ¼ turn to the left, step to right on right foot, step left next to right

## REPEAT