

拍数: 64 墙数: 2 级数: Improver
编舞者: Sal Gonzalez (USA)
音乐: 455 Rocket - Kathy Mattea



DIAGONAL, FORWARD, SLIDE, SHUFFLE

- 1 Step forward diagonal on left foot
- 2-4 Slide right foot beside left (3 counts)
- 5&6 Shuffle forward (right-left-right)
- 7&8 Shuffle forward (left-right-left)

SHUFFLE FORWARD, ¼ TURNS

- 9&10 Shuffle forward (right-left-right)
- 11&12 Shuffle forward (left-right-left)
- 13 Step forward onto right foot swaying hips to the right and make ¼ turn left
- 14 Shift weight onto left foot swaying hips to the left
- 15 Step forward on right foot swaying hips to the right and make ¼ turn left
- 16 Shift weight onto left foot swaying hips to the left

V-STEPS

- 17 Step forward out diagonally on right foot
- 18 Step forward out diagonally on left foot
- 19 Step backward in diagonally on right foot
- 20 Step backward in diagonally on left foot
- 21-24 Repeat count 17-20

V-STEPS, HOLD

- 25 Step forward out diagonally on right foot
- 26 Hold
- 27 Step forward out diagonally on left foot
- 28 Hold
- 29 Step backward in diagonally on right foot
- 30 Hold
- 31 Step backward in diagonally on left foot
- 32 Hold

RIGHT SIDE SHUFFLE, CROSS SHUFFLE, SIDE SHUFFLE ROCK

- 33&34 Side step-together-step (right-left-right)
- 35&36 Step (cross) left foot in front of right foot; while keeping feet in a crossed position, step right with right foot; with feet still crossed, step right with left foot, weight is on left
- 37&38 Step side with right foot, left together, side step with right
- 39 Rock back on left foot
- 40 Rock forward on right foot

LEFT SIDE SHUFFLE, CROSS SHUFFLE, SIDE SHUFFLE ROCK

- 41&42 Side step-together-step (left-right-left)
- 43&44 Step (cross) right foot in front of left foot; while keeping feet in a crossed position, step left with left foot; with feet still crossed, step left with right foot, weight is on right
- 45&46 Step side with left foot, right together, side step with left
- 47 Rock back on right foot
- 48 Rock forward on left foot

TOE STRUTS FORWARD

- 49-50 Step forward with right toe, right heel down
- 51-52 Step forward with left toe, left heel down
- 53-54 Step forward with right toe, right heel down
- 55-56 Step forward with left toe, left heel down

TOGETHER-KNEE POPS

- 57 Step right foot next to left
- 58 Hold
- 59 Bring left heel up and pop left knee out
- 60 Lower left heel to floor and bend right knee out
- 61 Lower right heel to floor and bend left knee out
- 62 Lower left heel to floor and bend right knee out
- 63 Lower right heel to floor and bend left knee out
- 64 Hold

REPEAT
