

HE ROCKS!

LINEDANCE.COM

Count: —

Wall: 2

Level: intermediate/advanced

Choreographer: Ilkka Malva

Music: He Rocks by Wynonna

Sequence: ABC ABDC B End. Start 16 counts after Wynonna says "Alright, here we go"

PART A

STEP X3, APPLEJACK, STEP X3, APPLEJACK

- 1-2** Step right foot forward, step left foot forward
- 3&4** Step right foot forward, twist right heel and fan left toes to left and back
- 5-6** Step left foot forward, step right foot forward
- 7&8** Step left foot forward, twist left heel and fan right toes to left and back

SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, CROSS, UNWIND

- 9&10** Step right foot to right, bring left foot next to right, step right foot to right
- 11-12** Rock left foot behind right foot, step right foot in place
- 13&14** Step left foot to left, bring right foot next to left, step left foot to left
- 15-16** Cross right foot across left, unwind $\frac{1}{2}$ turn to left (with weight ending on left foot)

STEP X3, APPLEJACK, STEP X3, APPLEJACK

- 17-24** Repeat counts 1-8

SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE $\frac{1}{2}$ TURN LEFT, STEP, STEP, CLAP

- 25-28** Repeat counts 9-12
- 29&30** Step left foot turning $\frac{1}{2}$ turn to left, bring right foot next to left, step left foot turning $\frac{1}{2}$ turn to left
- &31-32** Step right foot forward, step left foot next to right (slightly apart), hold and clap

KICK-BALL-CROSSES, MONTEREY TURN, SIDE SHUFFLE

- 33&34** Kick right foot forward, step right ball in place, cross left foot in front of right
- 35&36** Repeat counts 33&34
- 37-38** Touch right toes to right, bring right foot next to left making a $\frac{1}{2}$ turn to right

39&40 Cross left foot in front of right, step right foot to right, cross left foot in front of right

KICK-BALL-CROSSES, MONTEREY TURN, STOMP, CLAP

41-46 Repeat counts 33-38

47-48 Stomp left foot across in front of right, hold and clap

PART B

ROCKS, KICKS, SAILOR SHUFFLE

1-2 Rock forward on right foot, step back on left foot

3-4 Rock back on right foot, step forward on left foot

5-6 Kick right foot forward, kick right foot to right

7&8 Step right foot behind left, step left foot to left, step right foot to right

ROCKS, KICKS, TOUCH, UNWIND

9-10 Rock forward on left foot, step back on right foot

11-12 Rock back on left foot, step forward on right foot

13-14 Kick left foot forward, kick left foot to left

15-16 Touch left foot behind right foot, unwind $\frac{1}{2}$ turn to left (with weight ending on left foot)

STRUTS, TURNING SIDE STEPS, TOUCH

17-20 Touch right toes forward, step right heel down, touch left toes forward, step left heel down

21-22 Step right foot turning $\frac{1}{4}$ to right, step left foot turning $\frac{1}{4}$ to right

23-24 Step right foot turning $\frac{1}{4}$ to right, touch left foot next to right

STEP, SLIDE, STEP, SCUFF, $\frac{1}{2}$ TURN SHUFFLE, ROCK STEP

25-28 Step left foot forward, slide right next to left, step left foot forward, scuff right foot forward

29&30 Step right foot forward turning $\frac{1}{4}$ left, bring left next to right, step right foot back turning $\frac{1}{4}$ left

31-32 Rock left foot back, step right foot forward

HEEL SWITCHES, TOUCH, CLAP

33& Touch left heel to forward left, step left foot next to right

34& Touch right heel to forward right, step right foot next to left

35-36 Touch left toes to left, hold and clap

HEEL SWITCHES, TOUCH, CLAP

- &37&** Step left foot next to right, touch right heel to forward right, step right foot next to left
- 38&** Touch left heel to forward left, step left foot next to right
- 39-40** Touch right toes to right, hold and clap

PART C

ROCK STEPS, GRAPEVINE, SIDE SHUFFLE

- 1-2** Rock forward on right foot, step back on left foot
- 3-4** Rock back on right foot, step forward on left foot
- 5-6** Step right foot to right, step left foot behind right
- 7&8** Step right to right, bring left foot next to right, step right foot to right

ROCK STEPS, SPIN, TURNING SIDE SHUFFLE

- 9-10** Rock forward on left foot, step back on right foot
- 11-12** Rock back on left foot, step forward on right foot
- 13-14** Step left foot turning $\frac{1}{4}$ to left, step right forward turning $\frac{1}{2}$ to left
- 15&16** Step left turning $\frac{1}{4}$ to left, bring right foot next to left, step left turning $\frac{1}{4}$ to left

PART D

ROCK STEP, HEEL JACK, ROCK STEP, HEEL JACK

- 1-2** Rock forward on right foot, step back on left foot
- &3&4** Step right foot back, touch left heel slightly forward left, step left foot in place, step right foot forward
- 5-6** Rock forward on left foot, step back on right foot
- &7&8** Step left foot back, touch right heel slightly forward right, step right foot in place, step left foot forward

END

ROCK STEP, $\frac{1}{2}$ TURN SHUFFLE, $\frac{1}{2}$ PIVOT TURN, $\frac{1}{4}$ PIVOT TURN

- 1-2** Rock forward on right foot, step back on left foot
- 3&4** Step right foot turning $\frac{1}{4}$ to right, bring left next to right, step right foot turning $\frac{1}{4}$ to right
- 5-6** Step left foot forward, pivot $\frac{1}{2}$ turn to right

7-8 Step left foot forward, pivot $\frac{1}{4}$ turn to right

HEEL SWITCHES, TOUCH, CLAP

9& Touch left heel to forward left, step left foot next to right

10& Touch right heel to forward right, step right foot next to left

11-12 Touch left toes to left, hold and clap

HEEL SWITCHES, TOUCH, CLAP

&13& Step left foot next to right, touch right heel to forward right, step right foot next to left

14& Touch left heel to forward left, step left foot next to right

15-16 Touch right toes to right, hold and clap

ROCK STEP, $\frac{1}{2}$ TURN SHUFFLE, ROCK STEP, $\frac{1}{2}$ TURN SHUFFLE

17-18 Rock forward with right foot, step left foot back

19&20 Step right foot turning $\frac{1}{4}$ to right, bring left next to right, step right foot turning $\frac{1}{4}$ to right

21-22 Rock forward with left foot, step right foot back

23&24 Step left foot turning $\frac{1}{4}$ to left, bring right next to left, step left foot turning $\frac{1}{4}$ to left

STEP, STEP, KICK-BALL-CHANGE, KICK-BALL-CROSS, SPIN

25-26 Step right foot forward, step left foot forward

27&28 Kick right foot forward, step right next to left, step left next to right

29&30 Kick right foot forward, step right next to left, cross left in front of right

31 Touch right foot across left and spin 'till you drop!