

ROCKIN 455 ROCKET

LINEDANCE.COM

Count: 64

Wall: 4

Level: intermediate

Choreographer: Alice Vlahos

Music: 455 Rocket by Kathy Mattea

STEP-HEEL, STEP-STEP, STEP-HEEL, STEP-STEP, OUT-OUT, STEP-CROSS, UNWIND, CLAP

- &1 Step back diagonally left on left foot, extend right heel forward diagonally right
- &2 Step home on right, step home on left beside right foot
- &3 Step back diagonally right on right foot and extend left heel forward diagonally left
- &4 Step home on left, step home on right beside left
- &5 Step left foot left, step right foot right (feet are about shoulder width apart)
- &6 Step left foot home, step right foot across left
- 7 Unwind $\frac{1}{2}$ turn left
- 8 Clap

STEP-HEEL, STEP-STEP, STEP-HEEL, STEP-STEP, OUT-OUT, STEP-CROSS, UNWIND, CLAP

- &9 Step back diagonally left on left foot, extend right heel forward diagonally right
- &10 Step home on right, step home on left beside right foot
- &11 Step back diagonally right on right foot and extend left heel forward diagonally left
- &12 Step home on left, step home on right beside left
- &13 Step left foot left, step right foot right (feet are about shoulder width apart)
- &14 Step left foot home, step right foot across left
- 15 Unwind $\frac{1}{2}$ turn left
- 16 Clap

SLIDE, HEEL, HEEL, HEEL, HEEL, SLIDE, HEEL, HEEL, HEEL

- & Slide left foot slightly back as you slide right foot forward
- 17-20 Bounce right heel on floor 4 times
- & Slide right foot home as you slide left foot forward
- 21-24 Bounce left heel on floor 4 times

& RIGHT, & LEFT, RIGHT HEEL, HEEL, & LEFT, & RIGHT, LEFT HEEL, HEEL

- &25** Slide left foot back, slide right foot forward
- &26** Slide right foot back, slide left foot forward
- &** Slide left foot back
- 27-28** Slide right foot forward and bounce right heel twice
- &29** Slide right foot back, slide left foot forward
- &30** Slide left foot back, slide right foot forward
- &** Slide right foot back
- 31-32** Slide left foot forward and bounce left heel twice

SHUFFLE, ROCK, STEP, SHUFFLE, ROCK, STEP

- 33&34** Side shuffle to left side left, right, left
- 35** Rock back on right
- 36** Step forward on left
- 37&38** Side shuffle to right side right, left, right
- 39** Rock back on left
- 40** Step forward on right

TRIPLE IN PLACE TURNING FULL TURN, ROCK, STEP, SHUFFLE, ROCK, STEP

- 41&42** Step $\frac{1}{4}$ turn right with left foot on first step of triple, continue to turn as you complete triple step left, right, left
- 43** Rock back on right
- 44** Step forward on left foot
- 45&46** Shuffle forward right, left, right
- 47** Rock forward on left
- 48** Step back on right

FOUR SAILOR SHUFFLES

- 49&50** Cross left behind right, step right on right, step left on left
- 51&52** Cross right behind left, step to left on left, step right on right
- 53&54** Cross left behind right, step right on right, step left on left
- 55&56** Cross right behind left, step to left on left, step right on right

STOMP, TAP, SCOOT, STEP, STEP, ROCK, STEP, ANCHOR IN PLACE

- 57 Stomp $\frac{1}{4}$ turn left on left
- 58 Tap right toes behind left foot
- &59 Scoot back on left, step back on right
- 60 Step back on left
- 61 Rock back on right
- 62 Step forward on left
- 63&64 Step forward on right, step left beside right, step right beside left (anchor in place, triple)

REPEAT