

## ***Rockin 455 Rocket*** (a.k.a. This One's For You Harry)

Choreographed by Alice Vlahos

CD52.2-14

Description: 64 count, 4 wall, intermediate line dance

Music: **455 Rocket** by Kathy Mattea [ 124 bpm / CD: [Love Travels](#) / CD: [No. 1 Line Dance Album](#) ]

### **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 ½ 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 ½ turn left
- 16 Clap

### **SLIDE, HEEL, HEEL, HEEL, HEEL, SLIDE, HEEL, 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)