

# ROCKET

(CD Single & Album Version)



Choreographer: Alan G. Birchall

Level: High Intermediate

Dance: Phrased

Steps/Count: Part A: 64 Part B: 64

Sequence:

A, 32 counts of A, 32 Counts of B, A, 32 counts of A, B, A modified, B modified, 32 Counts Of A -Then BIG Finish

Music: Rocket - Goldfrapp

CD: Head First or CD Single

Start: On Lyrics

Seconds: 8 Count: 16 BPM: 131

## Part A

### FRONT, SIDE, BEHIND, ¼ TURN, STEP ½ PIVOT, STEP ¼ PIVOT

- |     |  |             |
|-----|--|-------------|
| 1-2 | Cross Left Over Right, Step Right To Right                       |             |
| 3-4 | Cross Left Behind Right, Step Right To Right Making ¼ Turn Right | 3 'o' Clock |
| 5-6 | Step Forward On Left, ½ Pivot Right                              | 9 'o' Clock |
| 7-8 | Step Forward On Left, Make ¼ Turn Left Stepping Right To Right   | 6 'o' Clock |

### ½ TURN, CROSS, ¼ TURN, ½ TURN, STEP ½ PIVOT, SHUFFLE

- |       |  |              |
|-------|--|--------------|
| 9-10  | Make ½ Turn Left Stepping Left To Left, Cross Right Over Left                        | 12 'o' Clock |
| 11-12 | Make ¼ Turn Right Stepping Back On Left, Make ½ Turn Right Stepping Forward On Right | 9 'o' Clock  |
| 13-14 | Step Forward On Left, ½ Pivot Right  | 3 'o' Clock  |
| 15&16 | Step Forward On Left, Step Right By Left, Step Forward On Left                       |              |

### KICK, TOUCH x 2, SAILOR STEPS x 2

- |       |   |  |
|-------|---|--|
| 17&18 | Kick Right Foot Forward, Step Right By Left, Touch Left To Left (During Countdown Shout '5')  |  |
| 19&20 | Kick Left Foot Forward, Step Left By Right, Touch Right To Right (During Countdown Shout '4') |  |
| 21&22 | Cross Right Behind Left, Step Left To Left, Step Right In Place (During Countdown Shout '3')  |  |
| 23&24 | Cross Left Behind Right, Step Right To Right, Step Left In Place (During Countdown Shout '2') |  |

### CROSS ROCK, RECOVER, SIDE SHUFFLE ¼ TURN, CROSS ROCK, RECOVER, COASTER STEP

- |       |   |             |
|-------|---|-------------|
| 25-26 | Cross Rock Right Over Left, Recover On Left (During Countdown Shout '1')                    |             |
| 27&28 | Step Right To Right, Left By Right, Right To Right Making ¼ Turn                            | 6 'o' Clock |
| 29-30 | Cross Rock Left Over Right, Recover On Right  |             |
| 31&32 | Step Back On Left, Step Right By Left, Step Forward On Left (Alternative: Triple Turn Left) | 6 'o' Clock |
- Note: Dance finishes here with a full triple turn left to the front wall - then a BIG step forward to right diagonal

### CROSS, SIDE, CROSS SHUFFLE, ROCK, RECOVER, BEHIND, SIDE, CROSS

- |       |   |  |
|-------|---|--|
| 33-34 | Cross Right Over Left, Step Left To Left                            |  |
| 35&36 | Cross Right Over Left, Step Left To Left, Cross Right Over Left     |  |
| 37-38 | Rock Left To Left, Recover On Right                                 |  |
| 39&40 | Cross Left Behind Right, Step Right To Right, Cross Left Over Right |  |

### TOE SWITCH'S, BOUNCE ½ TURN

- |        |   |              |
|--------|---|--------------|
| 41&42  | Touch Right To Right, Step Right By Left, Touch Left To Left                          |              |
| &43&44 | Step Left By Right, Touch Forward With Right, Step Right By Left, Touch Left Toe Back |              |
| 45-48  | Bounce Heels Four Times Whilst Making ½ Turn Left (Weight Ends On Left)               | 12 'o' Clock |

### SIDE SHUFFLE, ROCK BACK, RECOVER, ¼ SIDE SHUFFLE, ROCK BACK RECOVER

- |       |  |             |
|-------|--|-------------|
| 49&50 | Step Right To Right, Step Left By Right, Step Right To Right                 |             |
| 51-52 | Rock Back On Left, Recover On Right  |             |
| 53&54 | Step Left To Left, Making ¼ Turn Right Step Right By Left, Step Left To Left | 3 'o' Clock |
| 55-56 | Rock Back On Right, Recover On Left  |             |

### FORWARD SHUFFLE, STEP, ½ PIVOT, KICK BALL STEP, STEP ¼ PIVOT

- |       |  |              |
|-------|--|--------------|
| 57&58 | Step Forward On Right, Step Right By Left, Step Forward On Right |              |
| 59-60 | Step Forward On Left, ½ Pivot Right                              | 9 'o' Clock  |
| 61&62 | Kick Left Forward, Step Left By Right, Step Forward On Right     |              |
| 63-64 | Step Forward On Left, ¼ Pivot Left                               | 12 'o' Clock |

NOTE: On the FIFTH sequence Shuffle Forward On Left, Right, Left ( 3 'o' Clock – 3mins)

**Part B** *Note: This Section Is ONLY Danced To The Chorus ('Oh Oh Oh I Got A Rocket'... etc.)  
The Clock Faces are as they appear the first time this section is danced*

**3/4 PADDLE TURN(LEFT), HOLD, ROCK RECOVER, COASTER**

1	Making 1/4 Turn Left Touch Right To Right <b>Punch Air With Right Arm</b> (Song Word: Oh)	3 'o' Clock
&2	Making 1/4 Turn Left, Touch Right To Right <b>Punch Air With Right Arm</b> (Song Word: Oh)	12 'o' Clock
&3	Making 1/4 Turn Left, Touch Right To Right <b>Punch Air With Right Arm</b> (Song Word: Oh)	9 'o' Clock
4	Hold	
5-6	Rock Forward On Right, Recover On Left	
7&8	Step Back On Right, Left By Right, Forward On Right	

**3/4 PADDLE TURN(RIGHT), HOLD, ROCK RECOVER, COASTER**

9	Making 1/4 Turn Right, Touch Left To Left <b>Punch Air With Left Arm</b> (Song Word: Oh)	12 'o' Clock
&10	Making 1/4 Turn Right, Touch Left To Left <b>Punch Air With Left Arm</b> (Song Word: Oh)	3 'o' Clock
&11	Making 1/4 Turn Right, Touch Left To Left <b>Punch Air With Left Arm</b> (Song Word: Oh)	6 'o' Clock
12	Hold	
13-14	Rock Forward On Left, Recover On Right	
15&16	Step Back On Left, Right By Left, Forward On Left	

**1/4 TURNING JAZZ BOX x 2**

17-18	Cross Right Over Left, Step Back On Left (Song Word: Oh)	
19-20	Making 1/4 Turn Right Step Right To Right, Step Forward On Left (Song Word: Oh)	9 'o' Clock
21-22	Cross Right Over Left, Step Back On Left (Song Word: Oh)	
23-24	Making 1/4 Turn Right Step Right To Right, Step Forward On Left	12 'o' Clock

**ROCK, RECOVER, SAILOR STEPS x 2, FORWARD SHUFFLE**

25-26	Rock Right To Right, Recover On Left	
27&28	Cross Right Behind, Step Left To Left, Step Right In Place	
29&30	Cross Left Behind Right, Step Right To Right, Step Left in Place	
31&32	Step Forward On Right, Left By Right, Step Forward On Right	

**NOTE: On The FIRST sequence only: - Cross Right Behind Left, Unwind 1/2 Turn Right (6 'o' Clock)**

**This Section Is A Mirror Image Of The Above APART From The Last 2 Counts!!!!**

**3/4 PADDLE TURN(RIGHT), HOLD, ROCK RECOVER, COASTER**

33	Making 1/4 Turn Right, Touch Left To Left <b>Punch Air With Left Arm</b> (Song Word: Oh)
&34	Making 1/4 Turn Right, Touch Left To Left <b>Punch Air With Left Arm</b> (Song Word: Oh)
&35	Making 1/4 Turn Right, Touch Left To Left <b>Punch Air With Left Arm</b> (Song Word: Oh)
36	Hold
37-38	Rock Forward On Left, Recover On Right
39&40	Step Back On Left, Step Right By Left, Forward On Left

**3/4 PADDLE TURN(LEFT), HOLD, ROCK RECOVER, COASTER**

41	Making 1/4 Turn Left, Touch Right To Right <b>Punch Air With Right Arm</b> (Song Word: Oh)
&42	Making 1/4 Turn Left, Touch Right To Right <b>Punch Air With Right Arm</b> (Song Word: Oh)
&43	Making 1/4 Turn Left, Touch Right To Right <b>Punch Air With Right Arm</b> (Song Word: Oh)
44	Hold
45-46	Rock Forward On Right, Recover On Left
47&48	Step Back On Right, Left By Right, Forward On Right

**1/4 TURNING JAZZ BOX x 2**

49-50	Cross Left Over Right, Step Back On Right (Song Word: Oh)
51-52	Making 1/4 Turn Left Step Left To Left, Step Forward On Right (Song Word: Oh)
53-54	Cross Left Over Right, Step Back On Right (Song Word: Oh)
55-56	Making 1/4 Turn Left Step Left To Left, Step Forward On Right

**ROCK, RECOVER, SAILOR STEPS x 2, STEP 1/2 PIVOT**

57-58	Rock Left To Left, Recover On Right
59&60	Cross Left Behind Right, Step Right To Right, Step Left in Place
61&62	Cross Right Behind, Step Left To Left, Step Right In Place
63- 64	Step Forward On Left, 1/2 Pivot Right

**NOTE: Last Wall Only Step Forward On Left, 1/4 Pivot Right (6 'o' Clock)**

