

455 SPECIAL

Choreographed by Lana Harvey, Tucson, AZ, USA, June 26, 1997,
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2 Wall 32 Count Intermediate Line Dance

Music: 455 Rocket, Kathy Mattea, 123 BPM

Teach: She's Got The Rhythm, Alan Jackson, 92 BPM

STEP, TWIST, STEP, TWIST, TOE SLIDES

- 1-2 Step R straight forward
- 2 Touch L leg to R leg (knees touching, L off ground) twisting 45 right on ball of R
- 3 Step L straight forward
- 4 Touch R leg to L leg, twisting 45 left on ball of L
- 5-8 Still facing 45 left, slide R toe out, in, out, in

SYNCOATED FWD LOCK, 1/2 PIVOT, FWD, LOCK, FWD LOCK STEP

- 9&10 Step R forward, lock L behind R, step R forward
- 11-12 Touch L toe forward, pivot 1/2 left on ball of R weight ending on R
- 13-14 Step L forward, lock R behind L
- 15&16 Step L forward, lock R behind L, step L forward

HEEL, HOLD, 1/4 TURN, HEEL, HOLD, 1/4 TURN, HEEL, HOLD, CLOSE, HEEL, TOE

- 17-18 Touch R heel forward, hold and clap
- & Turn 1/4 left stepping R beside L
- 19-20 Touch L heel forward, hold and clap
- & Turn 1/4 left stepping L beside R
- 21-22 Touch R heel forward, hold and clap
- & Step R next to L
- 23-24 Touch L heel forward, Touch L toe back

SIDE ROCKS, HEEL, CROSS TOE, 1/2 TURN, HIPS

- 25-28 Stepping L to left side rock left, right, left, right
- 29-30 Touch L heel forward, cross L toe over R
- & Unwind 1/2 turn right shifting weight to L
- 31&32 Drop L heel and bend R knee as you move hips left, center, left

Begin again.

Choreographer's Note: This dance is dedicated to Cindy Coltrane who loves this song and asked me to choreograph a dance for it.