

He Rocks The World

32 Count, 4 Wall, Improver, Smooth WCS

Choreographer: Lisa D. McCammon (USA) Nov 2013

Choreographed to: Red-Suited Super Man by Rod Stewart ft.

Trombone Shorty; CD: Merry Christmas, Baby (92 bpm);

Softer Than A Whisper by Hal Ketchum (94 bpm)

16 count intro

1-8 SWAY, SWAY, BALL-CROSS-SWAY-BALL-CROSS, SIDE, SAILOR ½ R

- 1 Sway R
2&3 Sway L, step R home, cross step L over R
4&5 Sway R, step L home, cross step R over L
6 Step L to side
7&8 Turn ½ R [6] sweeping R behind stepping onto R, step L to side, step R slightly forward

9-16 UP-UP, BACK, BACK CHASSE, BACK, POINT-HEEL-POINT-HEEL-POINT-HEEL

- &1-2 Step forward L, step R next to L, step back L (syncopated forward coaster)
3&4 Step back R, step L next to R, step back R
5 Step back L (the next counts feel like a "soft shoe")
& Rock lightly to R side, lifting L heel slightly
6 Drop L heel
& Rock lightly forward onto R, lifting L heel slightly
7 Drop L heel
& Rock lightly to R side, lifting L heel slightly
8 Drop L heel (wt is on L, R is pointed to side)

17-24 CROSS ROCK, REC-BALL-CROSS ROCK, REC, SAILOR ¼ L, FORWARD ROCK, REC

- 1-2 Rock R across L, recover wt to L
&3-4 Step R next to L, rock L across R, recover wt to R (sweep L to prep sailor)
5&6 Turn ¼ L [3] stepping L back, step R home, step L slightly forward
7-8 Rock forward R, recover wt to L

25-32 TURN-TOUCH-HIP BUMP-TURN-TOUCH-HIP BUMP, BACK-TOUCH, BACK-TOUCH, OUT-OUT-IN-CROSS

- &1 Turn ¼ R [6] stepping slightly forward R, touch L next to R
&2 Bump L hip up/down (wt stays R)
&3 Turn ¼ L [3] stepping slightly forward L, touch R next to L
&4 Bump R hip up/down (wt stays L)
&5 Take small step back R, touch L slightly forward
&6 Take small step back L, touch R slightly forward
&7&8 Step R to side, L to side; step R in, cross step L over R

Alternate track: Softer Than A Whisper by Hal Ketchum, 094 BPM,
32 count intro (this track sounds like there's a Restart during the 5th repetition,
but if you keep dancing it will end evenly)