



455 Rocket

32 Count 4 Wall Beginner Level Dance.
Choreographed by: Heather Gronow (UK) Aug 2026
Choreographed to: 455 Rocket by Kathy Mattea
Intro: 32 Counts. Start at approx 15 secs.

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SEC 1 HEEL SWITCHES, STOMP X3, HITCH

- 1-2 Tap R heel fwd, step R together
- 3-4 Tap L heel fwd, step L together
- 5-6 Stomp R in place, stomp L in place
- 7-8 Stomp R in place, hitch L knee

SEC 2 VINE, TOUCH, VINE, TOUCH

- 1-2 Step L to side, cross R behind
- 3-4 Step L to side, touch R together
- 5-6 Step R to side, cross L behind
- 7-8 Step R to side, touch L together

SEC 3 SIDE, TOUCH, SIDE, TOUCH, VINE, TOUCHT

- 1-2 Step L to left side, touch with R toe
- 3-4 Step R to side, touch L together
- 5-6 Step L to side, cross R behind
- 7-8 Step L to side, touch R together

Restart Here on Wall 9

SEC 4 SIDE, TOUCH, SIDE, TOUCH, VINE ¼ TURN, TOGETHER

- 1-2 Step R to side, touch L toe
- 3-4 Step L to side, touch R together
- 5-6 Step R to side, cross L behind
- 7-8 ¼ Right step R forward, step L together (3:00)