

Rockin On Out Of Here

48 Count, 2 Wall, Beginner

Choreographer: Sherrie Poppa (USA) Aug 2009

Choreographed to: Hit The Ground Running by

Keith Urban, CD: Defying Gravity

TRIPLE STEP, ROCK STEP, RIGHT AND LEFT

- 1&2 Triple step to right side, R, L, R
3-4 Rock back on L foot, recover on R foot
5&6 Triple step to left side, L, R, L
7-8 Rock back on R foot, recover on L foot

STEP, PIVOT 1/4 TURN LEFT 2X, HEEL HOOK, HEEL HOME

- 9-10 Step forward on R foot, 1/4 turn pivot left
11-12 Repeat steps 9-10
13-16 Touch R heel forward, hook R heel over L shin, touch R heel forward, return home
17-20 Repeat 13-16 on left foot

HEEL SWIVELS LEFT AND RIGHT, THEM HOME

- 21-24 Swivel both heels left, right, left, home

TRIPLE STEP FORWARD, ROCK, TRIPLE BACK, ROCK

- 25&26 Triple step forward, R, L, R
27-28 Rock forward on L foot, recover on R foot
29&30 Triple step backward, L, R, L
31-32 Rock back on R foot, recover on L foot

ROCK TO RIGHT SIDE, RECOVER, CROSS RIGHT OVER LEFT, 1/2 TURN LEFT

- 33-34 Rock to the right side on R foot, recover on L foot
35-36 Cross R foot over L foot, unwind 1/2 turn to left (weight on left foot)

TRIPLE STEP FORWARD, ROCK, TRIPLE STEP BACKWARDS, ROCK

- 37&38 Triple step forward, R, L, R
39-40 Rock forward on L foot, recover on R foot
41&42 Triple step backwards, L, R, L
43-44 Rock backwards on R foot, recover on L foot

ROCK TO RIGHT SIDE, RECOVER, CROSS RIGHT OVER LEFT, 1.2 TURN LEFT

- 45-48 Repeat steps 33-36