

455 Rocket

Count: 32

Wall: 4

Level: Beginner

Choreographer: Heather Gronow (UK) - August 2026

Music: 455 Rocket - Kathy Mattea



16 count Intro

***1 restart**

Section 1: Heel Digs right and left, Stomp in place, Hitch

1 – 4 Tap R heel fwd, step back tog, tap L heel fwd, step back tog

5 – 8 Stomp R L R in place, Hitch L knee

Section 2 : Vine left, touch , Vine right touch

1 – 4 Step L to side, cross R behind, Step L to side, touch with R toe

5 – 8 Step R to side, cross L behind, Step R to side, touch with L toe

Section 3 : Side touches, Vine left

1 – 4 Step L to left side, touch with R toe , Step R to side, touch L toe

5 – 8 Step L to side, cross R behind, step L to side, Touch R toe

***restart here during wall 9 facing 12:00**

Section 4 : Side touches, Vine right ¼ turn to right, Step together

1 – 4 Step R to side, touch L toe, Step L to side, touch R toe

5 – 8 Step R to side, Cross L behind, Step R ¼ to right, Step L tog