

Lock Stock And Barrel

Count: 60

Wand: 0

Ebene:

Choreograf/in: Sandra Eason

Musik: Crescent City - Emmylou Harris



Position: Right Skaters (Promenade) Position (hands crossed in front at waist level Left hand to Left hand, Right hand to Right hand with Right hands on top)

TOE HEEL/TOUCHES, STEP & HOLD

- 1-2 Touch right toes to left instep, heel raised, touch right heel to left instep, toes raised
- 3-4 Step back on right foot, hold one beat
- 5-6 Touch left toes to right instep, heel raised, touch left heel to right instep, toes raised
- 7-8 Step back on left foot, hold one beat
- 9-16 Repeat beats 1-8

HEEL STRUTS, STEP SCOOT

- 17-18 Step right heel forward, bring ball of foot to floor
- 19-20 Step left heel forward, bring ball of foot to floor
- 21-22 Step forward on right foot, scoot forward on right foot, hitching left knee
- 23-24 Step forward on left foot, scoot forward on left foot, hitching right knee
- 25-32 Repeat beats 17-24

RIGHT GRAPEVINE

- 33-34 Step right foot to right side, hold one beat
- 35-36 Step left foot behind right, hold one beat
- 37-38 Step right foot to right side, hold one beat
- 39-40 Touch left foot next to right, hold one beat

LEFT GRAPEVINE

- 41-42 Step left foot to left side, hold one beat
- 43-44 Step right foot behind left, hold one beat
- 45-46 Step left foot to left side, hold one beat
- 47-48 Touch right foot next to left, hold one beat

FORWARD SHUFFLES

- 49&50 Shuffle forward right, left, right
- 51&52 Shuffle forward left, right, left

RUN FORWARD

- 53-55 Run forward right, left, right
- 56 Step left foot next to right

HEEL SPLITS

- 57-58 Split heels apart, bring heels back together

HIP SWAYS

- 59-60 Small step to right side with right foot swaying hips at same time, sway hips to left

REPEAT
