

# Locked Up 'n' Rockin'

**COPPER** **KNOB**  
BY SHEETS

Count: 0

Wand: 4

Ebene: Intermediate

Choreograf/in: Gaye Teather (UK)

Musik: Jailhouse Rock - John Dean



Sequence: AB, AB, AB, BB, AB, AB, BB

## PART A

### STOMPS, HOLDS, "RUNNING" STEPS FORWARD

1-8 Stomp right foot forward, hold, stomp left foot forward, hold, 3 small "running" steps forward right, left, right, hold

9-16 Stomp left foot forward, hold, stomp right foot forward, hold, 3 small running steps forward left, right, left, hold

During "running" steps, dip the knees slightly and turn them inwards with each step. Hips will rock side to side

### TURNING TOE STRUTS MAKING ½ TURN RIGHT

17-20 Cross right toe over left foot, lower heel to floor, turn ¼ right stepping left toe back, lower left heel to floor

21-24 Turn ¼ right stepping right toe forward, lower right heel to floor, step left toe next to right foot, lower left heel to floor

### LEFT HEEL AND TOE SWIVELS, KNEE AND HIP SWINGS

25-28 Swivel left heel to left, swivel left toe to left, swivel left heel to left, swivel left toe to left

29-32 Raise right heel and using right toe as lever swing both knees left, right, left, right pushing hips from side to side "Elvis style" (weight remains on left foot throughout)

## PART B

### RIGHT GRAPEVINE, FULL ROLLING TURN LEFT

1-4 Step right to right, step left behind right, step right to right, touch left next to right

5-8 Step left ¼ turn left, on ball of left make ½ turn left stepping back right, on ball of right make ¼ turn left stepping left to left, touch right next to left

### RIGHT SHUFFLE FORWARD, STEP PIVOT HALF TURN RIGHT. CHASSE LEFT, ROCK BACK, RECOVER

9&10 Step forward on right, close left to right, step forward on right

11-12 Step forward on left, pivot ½ turn right

13&14 Step left foot to left, close right to left, step left to left

15-16 Rock back on right foot, recover weight forward onto left

### RIGHT SHUFFLE FORWARD, STEP PIVOT HALF TURN RIGHT, CHASSE LEFT, ROCK BACK, RECOVER

17-24 Repeat steps 9-16

### RIGHT SUGARFOOT, KICK RIGHT FORWARD TWICE, JAZZ BOX TURNING ¼ RIGHT

25-28 Touch right toe to left instep, touch right heel to left instep, kick right foot forward twice

29-32 Cross right foot over left, step back on left, turn ¼ right stepping right to right. Close left to right

## REPEAT