

Pop That Lock

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Karl-Harry Winson (UK) - February 2016
音乐: Pop That Lock - Adam Lambert : (Album: Trespassing - amazon.co.uk)



Intro: 15 Counts (Start on The word "LEFT")

S1: Side Rock. 1/2 Turn Right. Left Side Rock. Cross. Side. Left Sailor 1/4 Turn.

- 1 – 2 Rock Right foot out to Right side. Recover weight on Left.
&3-4 Turning 1/2 turn Right, step Right in place beside Left. Rock Left out to Left side. Recover weight on Right.
5 – 6 Cross step Left over Right. Step Right to Right side.
7&8 Cross Left behind Right turning 1/4 Left. Step Right beside Left. Step Left out to Left side. (3.00).

S2: Right Samba Step. Left (Diagonal) Shuffle. Camel Walks X4.

- 1&2 Cross Right over Left. Rock Left out to Left side. Recover weight on to Right.
3&4 Step Left forward to Right diagonal. Close Right beside Left. Step Left forward to Right diagonal.
5 Push Right foot up beside Left and pop Left knee forward as you do this.
6 Push Left foot forward and pop Right knee forward as you do this.
7 – 8 Repeat Counts 5 – 6 (still on the Right diagonal). (4.30)

S3: Forward Rock. Ball-Back. 1/2 Turn Right. 1/8 Turn Right. Behind-Side-Cross. Side Step.

- 1 – 2 Rock Right forward. Recover weight back on Left.
&3-4 Step Right beside Left. Step back on Left foot. Turn 1/2 Right stepping Right foot forward (10.30).
5 Turn 1/8 turn Right stepping Left out to Left side (12.00).
6&7 Cross Right behind Left. Step Left to Left side. Cross step Right over Left.
8 Step Left out to Left side.

S4: Touch Behind (Look). Side Step. Behind-Side-Cross. Brush-Lift. Press. Knee Turn; In, Out.

- 1 Touch Right toe behind Left, as you do this look to the Left and flick Right hand across body and out to Left.

(Imagine you have a set of Dice in your Right hand and you throw the dice across your body out the Left).

- 2 Step Right to Right side.
3&4 Cross Left behind Right. Step Right to Right side. Cross step Left over Right.
5&6 Brush Right beside Left. Lift/Hitch Right knee slightly. Press Right foot out to Right side.
7 – 8 Turn Right knee in towards Left. Turn Right knee out making sure weight ends up on Left.

S5: Behind-Side. Step Lock-Step. Forward Rock. 1/2 Turn Left X2.

- 1 – 2 Cross Right behind Left. Step Left to Left side.
3&4 Step forward on Right. Lock Left foot behind Right. Step forward on Right.
5 – 6 Rock forward on Left. Recover weight back on Right.
7 – 8 Turn 1/2 Turn Left stepping Left forward (6.00). Turn 1/2 Turn Left stepping back on Right (12.00).

S6: 1/2 Turn Left. Kick Out-Out. Heel Lift. Right Jazz Box-Cross.

- 1 Turn 1/2 turn Left stepping Left forward (6.00).
2&3 Kick Right foot forward. Step out on Right. Step out on Left.
&4 Lift both heels up pushing both knees slightly forward as you do this. Drop both heels to the floor.
5 – 8 Cross Right over Left. Step back on Left. Step Right to Right side. Cross step Left over Right.

***Restart Here on Wall 2, Restart Dance again facing 9 o'clock Wall**

S7: Diagonal Step. Knee Pop/Push. Forward Shuffle. Forward Rock. Double Heel Pivot 1/2 Turn Left.

- 1 – 2 Step Right to Right diagonal (7.30). Push Left up behind Right and lift/hitch Right knee up slightly.
- 3&4 Step Right forward (still on diagonal). Close Left beside Right. Step forward on Right.
- 5 – 6 Rock forward on Left (still on diagonal). Recover weight back on to Right.
- 7 – 8 Step Left foot slightly back. Turn a 1/2 turn Left pivoting on both of your heels (2.30).

S8: Right Kick Ball-Dip. Left Kick Ball-Dip. Right Jazz box 1/8 Turn Right.

- 1&2 Kick Right foot forward. Step Right beside Left and touch Left toe in place (dip both knees as you do this).
- 3&4 Kick Left foot forward. Step Left beside Right and touch Right toe in place (dip both knees as you do this).
- 5 – 6 Cross Right over Left. Turn 1/8 turn Right stepping Left back. (3.00).
- 7 – 8 Step Right to Right side. Cross Left over Right.

*****Tag: The Following 16 Count Tag Happens at the end of Wall 5 Facing 6 o'clock wall.**

TS1: Side-Drag. Back Rock. Rolling Vine Left. Sweep.

- 1 – 2 Step big step out to Right side. Drag Left foot up towards Right.
- 3 – 4 Rock Left foot back behind Right. Recover weight forward on Right.
- 5 – 6 Turn 1/4 Left stepping Left forward. Turn 1/2 Left stepping back on Right.
- 7 – 8 Turn 1/4 Left stepping Left out to Left side. Sweep Right in front of Left.

TS2: Right Jazz Box. Forward Rock. Syncopated Jump Back. Heel Lift.

- 1 – 4 Cross step Right over Left. Step back on Left. Step Right to Right side. Step Left foot forward.
 - 5 – 6 Rock forward on Right. Recover weight back on Left.
 - &7 Small syncopated jump back stepping out: Right, Left (feet shoulder width apart as you do this).
 - &8 Lift both heels up off the floor and push both knees forward as you do this. Drop both heels to the floor.
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