

To The Metal

拍数: 64 墙数: 2 级数: Intermediate smooth
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音乐: Pedal to the Metal - Raul Midon : (Single)



Introduction: 16 counts, start on approx. 12 sec.

Sequence: 64, 32, Restart, 64, 64, 36, Restart to 12 o'clock, 64, 64 ending.

Sec 1. [1-8] Step Heel Twist (diag), Together, Knee Pops R, L, R, Cross Sailor R with ¼ Turn R, Cross Sailor L with 3/8 Turn L.

- 1&2 Step R diagonal forward R, Twist R heel out, Twist R heel back in place and Step L beside R weight onto R (10.30).
3&4 Pop R knee forward, Pop L knee forward, Pop R knee forward.
5&6 Step R across L, Making 1/4 turn R (1.30) step L to L, Step R to R.
7&8 Step L across R, Making 3/8 turn L (9) step R to R, Step L to L.

Sec 2. [9-16] Step, ½ Turn R, Back, Back & Touch Fwd, Replace, ½ Sweep Turn L, Replace, ½ Swivel Turn L.

- 1-2 Step R forward, Making ½ turn R (3) step L back.
&3-4 Step R back, Touch L forward, Step L back in place.
5-6 Making ½ turn L (9) stepping R together and sweeping L from front to back and step L behind R.
7&8 Swivel both heels right, Swivel both heels back in place, Swivel both heels right making ½ turn L taking weight onto R (3:00).

Sec 3. [17-24] Kick & Cross, Back, Step Back, Lock, Step Back, Back Rock / Recover, ¼ Turn L, Point, Touch, Side (syncopated).

- 1&2 Kick L forward, Step L across R, Step R back.
3&4 Step L back, Lock R across L, Step L back.
5-6 Step R back, Recover back onto L.
7&8 Making ¼ turn L (12) point R out to R, Touch R beside L, Step R to R.

Sec 4. [25-32] Syncopated Cross Rock Back / Recover, Touch Fwd (diag), Syncopated Cross Rock Back / Recover, Side, Cross, ¼ Turn R, Back, 1/4 Turn R, Step, Step.

- 1&2 Step L behind R, Recover back onto R, Point L diagonal forward.
3&4 Step L behind R, Recover back onto R, Step L to L.
5-8 Step R across L, Making ¼ turn R (3) step L back, Making 1/4 turn R (6) step R forward, Step L forward.

(NB: Restart here in WALL 2 after 32 counts, after start again to (facing 12 o'clock).

Sec 5. [33-40] ¼ Turn L, Side, Touch, & Cross, Side, Hold, Together, Side, Press Step, ¼ Turn R, Sweep R.

- 1-2 Making ¼ turn L (3) step R to R, Touch L beside R.
&3-4 Step L slightly to L, Step R across L, Step L to L.
(NB: 2nd Restart here in WALL 5 after 36 counts, you step ¼ turn left fwd on L to 12 o'clock, instead of stepping left).
5&6 Hold, Step R beside L, Step L to L.
7-8 Press R across forward, Making ¼ turn R (6) recover back onto L sweep R from front to back.

Sec 6. [41-48] Sailors R, L, Kick & Touch, Cross & Side with ¼ Turn L, Side, Together.

- 1&2 Step R behind L, Step L to L, Step R to R.
3&4 Step L behind R, Step R to R, Step L to L.
5&6 Kick R forward, Step R back in place, Touch L forward.

7&8& Step L across R, Making $\frac{1}{4}$ turn L (3) step R slightly to R, Step L to L, Step R beside L.

Sec 7. [49-56] Side, Touch, Side, Touch, $\frac{1}{4}$ Turn L, Step, $\frac{1}{2}$ Turn L, Back, Step Back, Lock, Step Back.

1-4 Step L to L, Touch R beside L, Step R to R, Touch L beside R.

5-6 Making $\frac{1}{4}$ turn L (12) step L forward, Continue $\frac{1}{2}$ Turn L (6) step R back.

7&8 Step L back, Lock R across L, Step L back.

Sec 8. [57-64] Back Rock / Recover, Syncopated Side Rock / Recover & Cross, Syncopated Full Walking Circle L, Stomp, Hold.

1-2 Step R back, Recover back onto L.

3&4 Step R to R, Recover back onto L, Step R across L.

5&6& L+R+L+R full walking circle L (syncopated) squaring up at (6:00).

7-8 Stomp L forward, Hold.

REPEAT DANCE AND HAVE FUN!!

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