

Lock Roamin'

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Sharon Brizon (UK) - 2008
音乐: Islands in the Stream - Dolly Parton & Kenny Rogers



(or any track with a 4/4 beat)

(choreographed to introduce Absolute Beginners to Lock Steps & Cha Cha Chas)

Intro: 16 counts

RIGHT LOCK STEP, SCUFF, CHA CHA LEFT, CHA CHA RIGHT

1-2 Step forward diagonally right. Lock left behind right.
3-4 Step diagonally right. Scuff left heel.
5&6 Cha Cha on the spot – left, right, left
7&8 Cha Cha on the spot – right, left, right

LEFT LOCK STEP, SCUFF, CHA CHA RIGHT, CHA CHA LEFT

1-2 Step forward diagonally left. Lock right behind left.
3-4 Step diagonally left. Scuff right heel.
5&6 Cha Cha on the spot – right, left, right
7&8 Cha Cha on the spot – left, right, left

BACKWARD TOE STRUTS x 4

1-2 Touch right toe back. Drop right heel to floor (weight on to right foot).
3-4 Touch left toe back. Drop left heel to floor (weight on to left foot).
5-6 Touch right toe back. Drop right heel to floor (weight on to right foot).
7-8 Touch left toe back. Drop left heel to floor (weight on to left foot).

TAP, TAP, CHA CHA RIGHT, TAP, TAP, CHA CHA LEFT ¼ TURN

1-2 Tap right toe forward. Tap right toe to right side.
3&4 Cha Cha on the spot – right, left, right.
5-6 Tap left toe forward. Tap left toe to left side.
7&8 Cha Cha on the spot, making ¼ turn left – left, right, left.

REPEAT
