

The Door

拍数: 64 墙数: 2 级数: Improver
编舞者: Antoinette Seiler (UK) - October 2023
音乐: The Door - Teddy Swims : (Live)



Intro: 32 counts (approx. 16s)

S1 Side R, Together L, Step Fwd R, Hold, L Rocking Chair

1,2,3,4 Step R to R side, Step L next to R, Step fwd on R, Hold
5,6,7,8 Rock fwd on L, Recover on R, Rock back on L, Recover on R

S2 Step Fwd L, Pivot ¼ R, Cross L, Hold, Hinge ½ Turn L, Cross R, Hold

1,2,3,4 Step fwd on L, Make ¼ turn R, Cross L over R, Hold [3:00]
5,6 Make ¼ turn L stepping back on R, Make ¼ turn L stepping L to L side [9:00]
7,8 Cross R over L, Hold

S3 L Side Rock, Recover, Cross L, Hold, R Side Rock, Recover, R Cross Rock, Recover

1,2,3,4 Rock L to L side, Recover on R, Cross L over R, Hold
5,6,7,8 Rock R to R side, Recover on L, Cross rock R over L, Recover on L [9:00]

S4 R Side, Together L, Step R ¼ R, Hold, Step Fwd L, Pivot ½ R, Step Fwd L, Hold

1,2,3,4 Step R to R side, Step L next to R, Make ¼ turn R stepping fwd on R, Hold [12:00]
5,6,7,8 Step fwd on L, Make ½ turn R, Step fwd on L, Hold [6:00]

S5 Full Turn L, Side R, Hold, Behind L, Side R, Cross L, Hold

1,2 Make ½ turn L stepping back on R, Make ½ turn L stepping fwd on L
(non-turning option: Walk fwd R, Walk fwd L)
3,4 Step R to R side, Hold
5,6,7,8 Step L behind R, Step R to R side, Cross L over R, Hold [6:00]

S6 Side R, Behind L, Hold, Side R, Cross L, Hold, R Side Rock, Recover, Cross R, Side L

&1,2 Step R to R side, Step L behind R, Hold
&3,4 Step R to R side, Cross L over R, Hold
5,6,7,8 Rock R to R side, Recover on L, Cross R over L, Step L to L side

S7 Behind R, Sweep L, Behind L, Side R, Cross L, Hold, R Side Rock, Recover

1,2,3,4 Step R behind L, Sweep L around from front to back, Step L behind R, Step R to R side
5,6,7,8 Cross L over R, Hold, Rock R to R side, Recover on L

S8 Cross R, Hold, Hinge ½ Turn R, L Cross Rock, Recover, ¼ L, ¼ L

1,2 Cross R over L, Hold
3,4 Make ¼ turn R stepping back on L, Make ¼ turn R stepping R to R side [12:00]
5,6 Cross rock L over R, Recover on R
7,8 Make ¼ turn L stepping fwd on L, Keeping weight on L make ¼ turn L brushing R alongside L [6:00]

Start Over

Email: antoinette.seiler@gmail.com