

# 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

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