

The Door

拍数: 32 墙数: 4 级数: Improver
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音乐: The Door - Teddy Swims



Not Tags or Re-Starts
Intro 32 counts.

Section 1: Weight on L leg, facing front (12 o'clock wall)

Bump-strut R, Bump-strut L (alt Toe-struts), ½ turn Monterey R

1-2 R diagonal toe touch Hip bump (1), step on to R foot (2)
3-4 L diagonal toe touch Hip bump (3), step on to L foot (4)
5-6 Point R toe to side (5), draw in with a ½ turn over R shld (6), Wt on R
7-8 Point L toe to side (7), draw in and step on L (8)

Section 2: Weight on L leg, facing side wall (6 o'clock wall)

¼ Turning Jazz Box, Kick-Ball-Step, Kick-Ball-Step

1-2 Cross R in front of L (1), Step back on L (2)
3-4 Side step R with ¼ turn over R shld (3), Step on L (4)
5&6 R Kick (5), step down on R (&), step slightly Fwd on L (6)
7&8 R Kick (7), step down on R (&), step slightly Fwd on L (8)

Section 3: Weight on L leg, facing side wall (9 o'clock wall)

Step-Sweep, Step-Sweep, Cross-Heel Grind, Cross-Heel Grind

1-2 Step Fwd on R (1), Sweep L (2)
3-4 Step Fwd on L (3), Sweep R (4) (wt on L)
5-6 Cross R ft in front of L (5), Heel Grind with side step onto L (6)
7-8 Cross R ft in front of L (5), Heel Grind with side step onto L (6)

Section 4: Weight on L (9 o'clock wall)

Cross-Heel Grind, Back Rock-Recover, R- Half turn Pivot, R- Half turn Pivot

1-2 Cross R ft in front of L (1), Heel Grind with side step onto L (2)
3-4 Rock back on R (3), Recover on to L (4)
5-6 Step Fwd on R (5) with half turn pivot over L-shld (6)
7-8 Step Fwd on R (7) with half turn pivot over L-shld (8)

(more adventurous, do 1 half turn pivot and do 1 ½ turn spin over L-shld)

Last Update: 4 Sep 2024