The Door



拍数: 32 墙数: 4 级数: Absolute Beginner

编舞者: Sue Korek (USA) - 17 August 2024

音乐: The Door - Teddy Swims 或: Night Changes - One Direction



Alternate Music:

Night Changes (One Direction—17 November 2014) Intro: 16 counts, bpm=120

No tags or restarts Intro: 32 counts

SECTION 1 (TWO STEP SCUFFS, TWO CROSS POINTS)

1-2	Step R forward, scuff L
3-4	Step L forward, scuff R
5-6	Cross R over L, point L out
7-8	Cross L over R, point R out

SECTION 2 (JAZZ BOX 1/4 TURN RIGHT WITH HITCH, LEFT VINE WITH HITCH)

1-2	Cross R over L, step L back
3-4	Turn 1/4 right step R, hitch L
5-6	Step L left, step R behind L

7-8 Step L left, hitch R

SECTION 3 (ROCKING CHAIR, VINE RIGHT)

1-2	Rock R forward, recover on L
3-4	Rock R back, recover on L
5-6	Step R to right, step L behind R
7-8	Step R to right, touch L beside R

SECTION 4 (HIP BUMPS 2L 2R L R 2L)

1-2	Bump L hip twice to left
3-4	Bump R hip twice to right

5-6 Bump L hip once left, bump R hip once right

7-8 Bump L hip twice to left

I hope you enjoy this dance!

Please consider creating a Teach or Demo video.

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