

AB - The Door

拍数: 32 墙数: 1 级数: Absolute Beginner
编舞者: Wallace Benoit (CAN) - September 2024
音乐: The Door - Teddy Swims
或: Down On the Corner - Creedence Clearwater Revival
或: Good Girl - Carrie Underwood



Alternate Music:

Down On the Corner - Creedence Clearwater Revival
Good Girls - Carrie Underwood

Intro: 32 Counts

Purpose: To teach "Jazz Box" - "Heel Jacks" - "Rumba Box Backward" - "Kick.Ball.Change" to my AB class.

Side-Together-Side-Touch (R/L)

1-4 Step RF to Right, Step LF next to RF, Step RF to Right, Touch LF Toes next to RF
5-8 Step LF to Left, Step RF next to LF, Step LF to Left, Touch RF Toes next to LF

Heel Jacks (R/L) - Jazz Box

1-4 Tap Right Heel Forward, Step RF next to LF, Tap Left Heel Forward, Step LF next to RF
5-8 Cross RF over LF, Step LF Back, Step RF to Side, Cross LF over RF

Backward Rumba Box with Brush

1-4 Step RF to Right, Step LF next to RF, Step RF Back, Touch LF Toes next to RF
5-8 Step LF to Left, Step RF next to LF, Step LF Forward, Brush (Scuff) RF next to LF

Rocking Chair - Kick Ball Change (2)

1-4 Step RF Forward, Recover Weight on LF, Step RF Back, Recover Weight on LF
5&6 Kick RF Forward (5), Step RF next to LF (&), Step LF next to RF
7&8 Kick RF Forward (5), Step RF next to LF (&), Step LF next to RF

Note: To change to a 4-wall dance REPLACE the Jazz Box WITH a 1/4 Turn Jazz Box (see below):

5-8 Cross RF over LF, Step LF Back making 1/4 Turn Right, Step RF next to LF, Cross LF over RF
