

Locks and Shuffles

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Melanie Ryczko (USA) - October 2024
音乐: Locked Out of Heaven - Bruno Mars



Count In: 40 counts from the start of the track

[1 – 8] Cross rock, triple side, cross rock, triple side

- 1-2 1/8 turn left rock forward on right (1) (10:30), rock back on left (2) (10:30)
- 3&4 1/8 turn right shuffle to the side R, L, R (3&4) (12:00)
- 5-6 1/8 turn right rock forward on left (5) (1:30), rock back on right (6) (1:30)
- 7&8 1/8 turn left shuffle to the side L, R, L (7&8) (12:00)

[9 – 16] Cross, push, side step, 1/4 turn passé, step, step, pop knees

- 1-2 1/8 turn left crossing right over left (1) (10:30), push back with left, sending hips back (2) (10:30)
- &3 1/8 turn left, bring right foot in without weight (&) (9:00), step right to the side (3) (9:00)
- 4 1/4 turn right, replacing right by stepping on left and bringing right leg up and over in passé (4) (12:00)
- 5-6 Step right behind left (5) (12:00), step left to the side (6) (12:00)
- 7-8 Pop knees, lift heels (7) (12:00), lower heels (8) (12:00)

[17 – 24] Sailor shuffle, turning sailor, chugs with toe taps

- 1&2 Sailor shuffle R, L, R (1&2) (12:00)
- 3&4 Sailor shuffle turning: step left behind right (3) (12:00), 1/4 turn left, stepping right beside left (&) (9:00), 1/4 turn left, stepping side with left (4) (6:00)
- 5-6 Chug right forward, tap left toe beside right (5) (6:00), chug left forward, tap right toe beside left (6) (6:00)
- 7-8 Chug right forward, tap left toe beside right (7) (6:00), hold (8) (6:00)

[25 – 32] Toe tap right, tap left, tap back, hinge, left tap back, 1/4 turn left, knee pop

- &1-2 Step left beside right (&) (6:00), tap right toe to the side (1) (6:00), step right beside left (&) (6:00), tap left toe to the side (2) (6:00)
- &3-4 Step left beside right (&) (6:00), tap right toe back (3) (6:00), step right beside left (&) (6:00), hinge left knee up (4) (6:00)
- 5-6 Tap left toe back (5) (6:00), 1/4 turn left, even weight on both feet (6) (3:00)
- 7-8 Pop knees, lift heels (7) (3:00), lower heels (8) (3:00)