

Locked Up 'n' Rockin'

COPPER KNOB
BY STEPHEN

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Gaye Teather (UK)
音乐: Jailhouse Rock - John Dean



Sequence: AB, AB, AB, BB, AB, AB, BB

PART A

STOMPS, HOLDS, "RUNNING" STEPS FORWARD

- 1-8 Stomp right foot forward, hold, stomp left foot forward, hold, 3 small "running" steps forward
right, left, right, hold
- 9-16 Stomp left foot forward, hold, stomp right foot forward, hold, 3 small running steps forward
left, right, left, hold

During "running" steps, dip the knees slightly and turn them inwards with each step. Hips will rock side to side

TURNING TOE STRUTS MAKING ½ TURN RIGHT

- 17-20 Cross right toe over left foot, lower heel to floor, turn ¼ right stepping left toe back, lower left
heel to floor
- 21-24 Turn ¼ right stepping right toe forward, lower right heel to floor, step left toe next to right foot,
lower left heel to floor

LEFT HEEL AND TOE SWIVELS, KNEE AND HIP SWINGS

- 25-28 Swivel left heel to left, swivel left toe to left, swivel left heel to left, swivel left toe to left
- 29-32 Raise right heel and using right toe as lever swing both knees left, right, left, right pushing
hips from side to side "Elvis style" (weight remains on left foot throughout)

PART B

RIGHT GRAPEVINE, FULL ROLLING TURN LEFT

- 1-4 Step right to right, step left behind right, step right to right, touch left next to right
- 5-8 Step left ¼ turn left, on ball of left make ½ turn left stepping back right, on ball of right make
¼ turn left stepping left to left, touch right next to left

RIGHT SHUFFLE FORWARD, STEP PIVOT HALF TURN RIGHT. CHASSE LEFT, ROCK BACK, RECOVER

- 9&10 Step forward on right, close left to right, step forward on right
- 11-12 Step forward on left, pivot ½ turn right
- 13&14 Step left foot to left, close right to left, step left to left
- 15-16 Rock back on right foot, recover weight forward onto left

RIGHT SHUFFLE FORWARD, STEP PIVOT HALF TURN RIGHT, CHASSE LEFT, ROCK BACK, RECOVER

- 17-24 Repeat steps 9-16

RIGHT SUGARFOOT, KICK RIGHT FORWARD TWICE, JAZZ BOX TURNING ¼ RIGHT

- 25-28 Touch right toe to left instep, touch right heel to left instep, kick right foot forward twice
- 29-32 Cross right foot over left, step back on left, turn ¼ right stepping right to right. Close left to
right

REPEAT