

Locked & Loaded

COPPERKNOB
STEPSHEETS

拍数: 112 墙数: 0
编舞者: Rita Archer (USA) - October 2010
音乐: Locked and Loaded - Miko Marks

级数: Phrased Intermediate / Advanced



Start dancing on lyrics

Or Music: Shut Up And Drive by Rihanna [CD: Good Girl Gone Bad]

Sequence:A, TAG 1, A, TAG 2, A(49-108), A(91-112), TAG 1, A(1-64)

Section A

(1-8) Right Toe/Heel Extended Grapevine

1-2 Step right toe side right, drop right heel
3-4 Cross left toe behind right, drop left heel
5-6 Step right toe side right, drop right heel
7-8 Cross left toe over right, drop left heel

(9-16) Point Cross Twice, Kick Kick Sailor

1-2 Point right toe side right, cross right over left
3-4 Point left toe side left, cross left over right
5-6 Kick right forward, kick right to side
7&8 Hook right behind left, step left to side, step right to side

(17-24) Left Toe/Heel Extended Grapevine

1-2 Step left toe side left, drop left heel
3-4 Cross right toe behind left, drop right heel
5-6 Step left toe side left, drop left heel
7-8 Cross right toe over left, drop right heel

(25-32) Point Cross Twice, Kick Kick Sailor

1-2 Point left toe side left, cross left behind right
3-4 Point right toe side right, cross right behind left
5-6 Kick left forward, kick left to side
7&8 Hook left behind right, step right to side, step left to side

(33-40) Left ½ Turn Twice Right Grapevine Stomp

1-2 Step right forward, turn ½ left (weight to left)
3-4 Step right forward, turn ½ left (weight to left)
5-6 Step right to side, cross left behind right
7-8 Step right to side, stomp left together

(41-48) Right ½ Turn Twice Left Grapevine Stomp

1-2 Step left forward, turn ½ right (weight to right)
3-4 Step left forward, turn ½ right (weight to right)
5-6 Step left to side, cross right behind left
7-8 Step left to side, stomp right together

(49-56) Right Step Tuck & Clap X4

49 Step right forward (traveling at 45 degrees angle to the right)
50 Slide left behind right & clap (transferring weight to left)
3-4 Repeat above (49-50)
5-6 Repeat above (49-50)

- 7 Step right forward (traveling at 45 degrees angle to the right)
8 Slide left behind right & clap (keep weight on right)

(57-64) Step Touch With Full Right Turn (Traveling Back)

- 1-2 Step left back, turn 1/3 right & touch right together
3-4 Step right forward, turn 1/3 right & touch left together
5-6 Step left forward, turn 1/3 right & touch right together
7-8 Step right to side, touch left together

(65-72) Left Step Tuck & Clap X4

- 1 Step left forward (traveling at 45 degrees angle to the right)
2 Slide right behind left & clap (transferring weight to right)
3-4 Repeat above (65-66)
5-6 Repeat above (65-66)
7 Step left forward (traveling at 45 degrees angle to the right)
8 Slide right behind left & clap (keep weight on left)

(73-80) Left Back Cross Back Twice, Step Touch Twice

- 1&2 Step right back, cross left over right, step right back
3&4 Step left back, cross right over left, step left back
5-6 Step right to side, touch left together
7-8 Step left to side, touch right together

(81-88) Right Shuffle Forward & Full Turning Shuffle

- 1&2 Chassé forward right, left, right
3-4 Step left forward, turn ½ right (weight to right)
5&6 Shuffle turning ½ right (left, right, left)
7-8 Step right back, step left together

(89-96) Right Side Shuffle Rock Recover, Left Shuffle Step Touch

- 1&2 Right side right, left together, right side right
3-4 Cross/rock left over right, recover to right
5&6 Left side left, right together, left side left
7-8 Step right together, touch left together

(97-104) Left Side Point Together, Right Side Point Together, Left Monterey

- 1-2 Point left toe side left, step left together
3-4 Point right toe side right, step right together
5-6 Point left toe side left, turn ½ left sweeping left together
7-8 Point right toe side right, step right together

(105-112) Left Side Point Together, Right Monterey, Freeze Hold

- 1-2 Point left toe side left, step left together
3-4 Point right toe side right, turn ½ right sweeping right together
5-6 Stomp left slightly forward, hold
7-8 Hold, hold

Repeat

TAG 1

Free Style Wiggle/Dance, Right Toe Points

- 1-4 Free style wiggles/dance
5-6 Touch right forward, right toe side right
7-8 Touch right back, touch right together

TAG 2

Free Style Wiggle/Dance

1-8

Free style wiggle/dance
