

Locked Away

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Rosie Multari (USA) - August 2015
音樂: Locked Away (feat. Adam Levine) - R. City : (Single - Amazon)



A Tag occurs at the end of the 3rd wall and 7th wall, both at the 3 o'clock wall.

Intro: 36 counts. Start on R. City's vocals, ON THE WORD "If"

SECTION 1: 1-8 SYCO-MOVIN' ROCKING CHAIRS *(CUMBIA ROCKS), ¼ TURN CROSS & CROSS & CROSS (VOLTAS)

- 1&2&3&4& While traveling slightly to the right, rock forward on R (1), recover on L (&), rock back on R (2), recover on L (&), Rock forward on R (3), recover on L (&) rock back on R (4) recover on L (&)
- 5&6&7&8 Step forward on R (5), ¼ turn left shifting weight to L (&), cross R over L (6), step L to left side (&), cross R over L (7), step L to left side (&), cross R over L (8).

SECTION 2: 1-8 SIDE MAMBO CROSS, CHASSE, SWAYS

- 1&2, 3&4 Rock L to left (1), return weight to R (&), cross L over R (2), Step R to right (3), step together with L (&), step R to right (4)
- 5-8& Sway hips L (5), R (6), L (7), R (8) (feel free to add your own style to the sways), step forward on L (&)

SECTION 3: 1-8 MAMBO TURN, LOCK STEP, FORWARD & SIDE MAMBO

- 1&2&3&4& Rock forward on R (1), recover on L as you start ½ turn to right (&), step forward on R (2), *brush L (&) Step forward L (3), step R behind L (&), step forward L (4), *brush R (&)
- 5&6&7&8 Rock R forward (5), Return weight to L (&), Step R beside L (6), *brush L (&) Rock L to left (7), return weight to R (&) cross L over R (8)

SECTION 4: 1-8 SIDE, CLOSE, CHA CHA CHA, *PADDLE HALF TURN

- 1,2 3&4 Step R to right side (1), step L next to R (2), moving slightly to right, step R (3), L (&), R (4)
(Move those Hips!!!)
- 5&6&7&8 Press L to side (5), Hitch L (&) Turn 1/8 right while placing L to left side (*paddle turn), press L to side (6), Hitch L (&) Turn 1/8 right while placing L to left side, press L to side (7), Hitch L (&) Turn 1/8 right while placing L to left side, turn 1/8 and step on L (8)

TAG: 4 Counts:- Freestyle Shimmy, Shake or Gyrate in place for 4 counts. Have fun with it!

Song ends while you're on the 10th wall (at 9 o'clock), dance until count 1&2 of third section to end on front wall.

*Choreographer's notes & styling tips: In the first section during the Cumbia Rocks forward, you can appear to be grinding your R heel. Also lift your L during the rocks to allow movement to the right.

In the third section the 3 brushes are very subtle, don't extend the foot forward. In Salsa dancing it's called "Shine".

In the fourth section, the Paddle Turns are intended to be smooth, so while turning, the L knee technically hitches, but don't exaggerate the hitch but rather focus on pressing the L foot and move your hips counter clockwise to make the half turn!

Although there are no "HOLDS" in this dance, don't rush from step 8 into step 1. Imagine there's a "&" hold to help you keep the timing of this song. *** Special thanx to my honey Bruno for his musical expertise ***

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