

Totally Locked Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jesse Eschbach (USA) - January 2020
音樂: What a Man Gotta Do - Jonas Brothers



Step Fwd R, L, Triple Fwd, L Fwd, 1/4 pivot & Hip Bump/Knee Swivel(x3), R Cross Rock, Recover

123&4 Step fwd R (1), fwd L (2), step R fwd (3), step L next to R (&), step R fwd (4)
&5&6&7&8 Step fwd L leaving R pointed behind (&), 1/4 pivot to R (3:00) and leave weight on L while bumping hips down to R and swiveling L knee out (5), bump hips up/L and swivel knee in (&), out (6), in (&), out (7), cross R over L (8), recover L (&)

R Step Slide, L Ball Cross, Unwind 5/8, Rock & Cross (x2)

12&34 R big step to R side and drag L foot to R (1-2), cross step back on L ball (&), cross R over L (3), unwind 5/8 turn to the left (7:30)(4)
5&67&8 L rock out (5), recover R (&), cross L over (6), R rock out (7), recover L (&), cross R over L (8)

L Ball Cross, Side Hips L, R, L Step Out, R 1/2 Turn Hitch, Rock & Cross, L Quick Rock, Recover

&1234 Step L to L side (&), cross R over L (1), step L to L side pushing hips L (2), step R to R side pushing hips R (3), Step L fwd 1/4 to the left (4:30)(4)
56&7&8 R foot hitch turning 1/4 L (1:30)(5), R rock out (6), recover L (&), cross R over L (7), L rock out (&), recover R (8)

L Jazz Box, L 1/4 Paddle Clockwise (x2), L Step Fwd, R Together, Jump Back

1234 L cross over R (1), R step back (2), L step to L side (3), R step fwd (4)
567&8 Push ball of L side left turning 1/4 right (4:30)(5), Push ball of L side left turning 1/4 right (7:30 with body facing 9:00)(6), L small step fwd (9:00) (7), R step next to L (&), both feet small jump back (8)

TAG: Done after finishing the dance on walls 1 & 4, ("part-time lover" part of the song)

Hand Jive

1&2&3&4& Hands pat knees (x2)(1&), clap (x2)(2&), cross L hand over R (x2)(3&), cross R hand over L (x2)(4&)
5&6&7&8& put L fist over R fist and knock together (x2)(5&), put R fist over L fist and knock together (x2)(6&), R hand thumbs up sign point to R side (x2) (7&), L hand thumbs up sign point to L side (x2) (8&)

R Step Out, L Behind, R Side Mambo Cross, L Step Out, R Behind, L Side Mambo

123&4 R step to R side (1), L cross behind (2), R quick rock to R side (3), L recover (&), R cross over L (4)
567&8 L step to L side (5), R cross behind (6), L quick rock to L side (7), R recover (&), L step next to R (8)

Start Again!

Contact: jessroth@outlook.com