

# AB - The Door

拍數: 32      牆數: 1      級數: Absolute Beginner  
編舞者: Wallace Benoit (CAN) - September 2024  
音樂: The Door - Teddy Swims  
或: Down On the Corner - Creedence Clearwater Revival  
或: Good Girl - Carrie Underwood



---

## Alternate Music:

Down On the Corner - Creedence Clearwater Revival  
Good Girls - Carrie Underwood

## Intro: 32 Counts

Purpose: To teach "Jazz Box" - "Heel Jacks" - "Rumba Box Backward" - "Kick.Ball.Change" to my AB class.

## Side-Together-Side-Touch (R/L)

1-4            Step RF to Right, Step LF next to RF, Step RF to Right, Touch LF Toes next to RF  
5-8            Step LF to Left, Step RF next to LF, Step LF to Left, Touch RF Toes next to LF

## Heel Jacks (R/L) - Jazz Box

1-4            Tap Right Heel Forward, Step RF next to LF, Tap Left Heel Forward, Step LF next to RF  
5-8            Cross RF over LF, Step LF Back, Step RF to Side, Cross LF over RF

## Backward Rumba Box with Brush

1-4            Step RF to Right, Step LF next to RF, Step RF Back, Touch LF Toes next to RF  
5-8            Step LF to Left, Step RF next to LF, Step LF Forward, Brush (Scuff) RF next to LF

## Rocking Chair - Kick Ball Change (2)

1-4            Step RF Forward, Recover Weight on LF, Step RF Back, Recover Weight on LF  
5&6          Kick RF Forward (5), Step RF next to LF (&), Step LF next to RF  
7&8          Kick RF Forward (5), Step RF next to LF (&), Step LF next to RF

## Note: To change to a 4-wall dance REPLACE the Jazz Box WITH a 1/4 Turn Jazz Box (see below):

5-8            Cross RF over LF, Step LF Back making 1/4 Turn Right, Step RF next to LF, Cross LF over RF

---