

Lock The Doors

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Roxana Schultz (USA)
音樂: Lock All the Doors - MDO



½ TURN MONTEREY, HEEL-BALL CHANGE, LEFT ½ TURN

- 1-2 Point right out to right side, pivot ½ turn right on left foot, bring right foot in and step together next to left
- 3 Touch left out to left side
- 4&5 Tap left heel slightly forward, rock back with left, recover weight forward to right
- 6-7 Step forward on left, turning ½ left, step back with right

LEFT BACK-LOCK-BACK, ROCK STEP, RIGHT ROCK & CROSS, LEFT ROCK & CROSS

- 8&1 Step back on left, step right crossed over left, step back on left
- 2-3 Rock back on right, recover weight forward to left
- 4&5 Rock right to right side, recover weight to left in place, cross right over left
- 6&7 Rock left to left side, recover weight to right in place, cross left over right

STEP ½ TURN, LEFT KICK, COASTER BACK, CHA-CHA FORWARD, ROCK STEP

- 8-1 Step forward on right, turn ½ left, keep weight right and kick left foot forward
- 2&3 Step back on left, step right foot together next to the left, step forward on left
- 4&5 Step forward on right, step together on left, step forward on right
- 6-7 Rock forward on left, recover weight to the right

TRIPLE ¼ TURN, ROCK FORWARD AND BACK, ¼ TURN, CROSS, STEP

- 8&1 Turn ¼ turn left, step left foot to left side, step together right, turn ¼ left, step forward with left
- 2-3 Rock forward on right, recover weight back to left
- 4-5 Rock back on right, recover weight forward to left
- 6-7 Step forward on the right, ¼ turn to the left, shifting weight to left foot
- 8& Step right crossed over the left, step left to left side

REPEAT