

# Locked Up 'n' Rockin'

COPPER KNOB  
BY STEPHEN

拍數: 0                      牆數: 4                      級數: Intermediate  
編舞者: Gaye Teather (UK)  
音樂: Jailhouse Rock - John Dean



Sequence: AB, AB, AB, BB, AB, AB, BB

## PART A

### STOMPS, HOLDS, "RUNNING" STEPS FORWARD

1-8                      Stomp right foot forward, hold, stomp left foot forward, hold, 3 small "running" steps forward  
right, left, right, hold

9-16                     Stomp left foot forward, hold, stomp right foot forward, hold, 3 small running steps forward  
left, right, left, hold

During "running" steps, dip the knees slightly and turn them inwards with each step. Hips will rock side to side

### TURNING TOE STRUTS MAKING ½ TURN RIGHT

17-20                    Cross right toe over left foot, lower heel to floor, turn ¼ right stepping left toe back, lower left  
heel to floor

21-24                    Turn ¼ right stepping right toe forward, lower right heel to floor, step left toe next to right foot,  
lower left heel to floor

### LEFT HEEL AND TOE SWIVELS, KNEE AND HIP SWINGS

25-28                    Swivel left heel to left, swivel left toe to left, swivel left heel to left, swivel left toe to left

29-32                    Raise right heel and using right toe as lever swing both knees left, right, left, right pushing  
hips from side to side "Elvis style" (weight remains on left foot throughout)

## PART B

### RIGHT GRAPEVINE, FULL ROLLING TURN LEFT

1-4                      Step right to right, step left behind right, step right to right, touch left next to right

5-8                      Step left ¼ turn left, on ball of left make ½ turn left stepping back right, on ball of right make  
¼ turn left stepping left to left, touch right next to left

### RIGHT SHUFFLE FORWARD, STEP PIVOT HALF TURN RIGHT. CHASSE LEFT, ROCK BACK, RECOVER

9&10                    Step forward on right, close left to right, step forward on right

11-12                    Step forward on left, pivot ½ turn right

13&14                    Step left foot to left, close right to left, step left to left

15-16                    Rock back on right foot, recover weight forward onto left

### RIGHT SHUFFLE FORWARD, STEP PIVOT HALF TURN RIGHT, CHASSE LEFT, ROCK BACK, RECOVER

17-24                    Repeat steps 9-16

### RIGHT SUGARFOOT, KICK RIGHT FORWARD TWICE, JAZZ BOX TURNING ¼ RIGHT

25-28                    Touch right toe to left instep, touch right heel to left instep, kick right foot forward twice

29-32                    Cross right foot over left, step back on left, turn ¼ right stepping right to right. Close left to  
right

## REPEAT