

Boxed In

拍數: 0 牆數: 1 級數:
編舞者: Judy McDonald (CAN)
音樂: The Way - Fastball



Sequence: Part A is done with the verse, Part B with the chorus, and Part C with music only. The sequence is AA BA BC B C (B is only B with 12 more counts)

PART A

RIGHT SIDE ROCK, LEFT STEP, RIGHT STEP TOGETHER, LEFT STEP, RIGHT SIDE ROCK, LEFT STEP, RIGHT TRIPLE STEP

1-4 Step right to side, step left in place, step right beside left, step left in place
5-6 Step right to side, step left in place
7&8 Step right beside left, step left in place, step right in place

LEFT SIDE ROCK, RIGHT STEP, LEFT STEP TOGETHER, RIGHT STEP, LEFT SIDE ROCK, RIGHT STEP, LEFT TRIPLE STEP

1-4 Step left to side, step right in place, step left beside right, step right in place
5-6 Step left to side, step right in place
7&8 Step left beside right, step right in place, step left in place

RIGHT CROSS ROCK, LEFT STEP, RIGHT TRIPLE STEP, LEFT BOX STEP

1-2 Step right across in front of left, step left in place
3&4 Step right beside left, step left in place, step right in place
5-6 Step left to right in front of right foot, step right back
7-8 Step left to side, step right beside left

LEFT CROSS ROCK, RIGHT STEP, LEFT TRIPLE STEP, RIGHT BOX STEP

1-2 Step left across in front of right, step right in place
3&4 Step left beside right, step right in place, step left in place
5-6 Step right to left in front of left foot, step left back
7-8 Step right to side, step left beside right

RIGHT ROCK FORWARD, LEFT STEP, RIGHT TRIPLE STEP, LEFT ROCK FORWARD, RIGHT STEP, LEFT TRIPLE STEP

1-2 Step right forward, step left in place
3&4 Step right beside left, step left in place, step right in place
5-6 Step left forward, step right in place
7&8 Step left beside right, step right in place, step left in place

RIGHT STEP FORWARD, LEFT STEP TOGETHER - 4X

1-2 Step right forward, step left beside right
3-8 Repeat 3 more times

RIGHT STEP, PIVOT ¼ TURN LEFT STEP - 4X

1-2 Step right forward, pivot ¼ turn left step
3-8 Repeat 3 more times

RIGHT STEP, PIVOT ¼ TURN LEFT STEP, RIGHT TRIPLE STEP, LEFT ROCK FORWARD, RIGHT STEP, LEFT TRIPLE STEP

1-2 Step right forward, pivot ¼ turn left step
3&4 Step right beside left, step left in place, step right in place

- 5-6 Step left forward, step right in place
- 7&8 Step left beside right, step right in place, step left in place

PART B

RIGHT VINE WITH TRIPLE STEP, LEFT CROSS, RIGHT SIDE SHUFFLE, LEFT ROCK BACK

- 1-2 Step right to side, step left behind right
- 3&4 Step right to side, step left beside right, step right in place
- 5 Step left across in front of right
- 6&7 Step right to side, step left beside right, step right to side
- 8 Step left back

RIGHT STEP, LEFT CROSS, RIGHT STEP, LEFT STEP TO SIDE, RIGHT CROSS, LEFT STEP, RIGHT STEP TO SIDE, LEFT STEP

- 1-4 Step right in place, step left across in front of right, step right in place, step left to side
- 5-8 Step right across in front of left, step left in place, step right to side, step left beside right

RIGHT STEP FORWARD, PIVOT ½ TURN LEFT STEP, RIGHT TRIPLE STEP, LEFT ROCK FORWARD, RIGHT STEP, LEFT TRIPLE STEP

- 1-2 Step right forward, pivot ½ turn left step
- 3&4 Step right beside left, step left in place, step right in place)
- 5-6 Step left forward, step right in place
- 7&8 Step left beside right, step right in place, step left in place

RIGHT BOX STEP - 2X

- 1-4 Step right to left in front of left foot, step left back, step right to side, step left forward
- 5-8 Repeat

1-36 Repeat all of Part B and add an extra box step

PART C

RIGHT DIAGONAL STEP, HOLD, LEFT STEP TOGETHER, RIGHT DIAGONAL STEP, LEFT DIAGONAL STEP, HOLD, RIGHT STEP TOGETHER, LEFT DIAGONAL STEP, RIGHT STEP FORWARD, LEFT BRUSH

- 1-2 Step right forward on diagonal, hold
- &3-4 Step left beside right, step right forward on diagonal, step left forward on diagonal
- 5&6 Hold, step right beside left, step left forward on diagonal
- 7-8 Step right forward, brush left forward

LEFT STEP LOCK, RIGHT STEP BACK - 4X, LEFT STEP LOCK, RIGHT STEP, LEFT STEP, RIGHT STEP

- 1& Step left beside outside of right foot so feet are locked, sep right back
- 2&3&4& Repeat 3 more times
- 5-8 Step left back in locked position, step right back, step left beside right, step right in place

LEFT STEP, RIGHT KICK BALL CHANGE, RIGHT STEP, LEFT KICK BALL CHANGE, LEFT STEP, RIGHT KICK BALL CHANGE

- 1-2 Step left forward, kick right forward
- &3-4 Step right back, step left in place, step right forward
- 5&6 Kick left forward, step left back, step right in place
- 7-8 Step left forward, kick right forward
- &1 Step right back, step left in place

RIGHT BOX STEP, HOLD

- 2-5 Step right across in front of left, step left back, step right to side, step left slightly apart beside right
- 6-8 Hold

PART B

This is all of Part B (68 counts) plus the following:

RIGHT BOX STEP (THIS MAKES 4 BOXES ALTOGETHER)

5-8 Step right across in front of left, step left back, step right to side, step left forward

RIGHT STEP, HOLD FOR 7 COUNTS

1-8 Step right to side, hold for 7 counts
