

A Door A Bell

拍数: 32 墙数: 4 级数: Improver
编舞者: Audrey Watson (SCO) & Steve Rutter (UK)
音乐: Knocking On My Door - Modern Talking



BACK ROCK, KICK, KICK, BALL CROSS, SIDE, BEHIND ¼ TURN

- 1-2 Rock back on left, recover forward on right
- 3-4 Kick left foot forward twice
- &5-6 Step down on left & cross right over left, step left to left/side
- 7-8 Step right behind right, turn ¼ left stepping forward on left

STEP, HEEL SWIVEL ¼ LEFT KICK, BACK ROCK, WALK, WALK, &

- 1-2 Step forward on right, twist both heels right
- 3-4 Twist both heels left, twist both heels right turning ¼ left kick left foot forward as you turn
- 5-6 Rock back on left foot, recover forward on right
- 7-8& Step forward on left, step forward on right, quickly step down on left (like a skip step)

Restart dance here on wall 8 missing out the & step

WALK, WALK, TOUCH, CROSS, TOUCH, TOUCH, ¼ LEFT COASTER CROSS

- 1-2 Step forward on right, step forward on left
- 3-4 Touch right toe to right/side, cross right over left
- 5-6 Touch left toe to left/side, touch left next right
- 7&8 Step back on left, step right next left, turn ¼ left crossing left over right

SIDE ROCK, CROSS, SIDE, BEHIND, UNWIND ½ RIGHT, SWAY

- 1-2 Rock right to right/side, recover weight on left
- 3-4 Cross right over left, step left to left side
- 5-6 Cross right behind left, unwind ½ right, weight ending on right
- 7-8 Sway left, sway right

REPEAT

No tags or restart when using the alternative tracks

TAG

At the end of wall 4, facing front wall

- 1-2 Sway left, sway right
- 3-4 Touch left next right, kick left foot forward

RESTART

On wall 8, dance up to count 16, missing out the & step (facing 9:00 wall), then restart dance from beginning

OPTIONAL

To have a nice finish to the dance replace unwind ½ turn with a unwind full turn to bring you to the front wall