

Doors of Life For Two (aka Two Doors of Life) (P)

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 0 級數: Intermediate Partner / Circle waltz
編舞者: Ike Po (USA) & Virginia Po (USA) - March 2011
音樂: A Door of the Life - Mariya Takeuchi



Alt. Music:

Captured (By Love's Melody) by Rick Tippe [104 bpm] Various CD's
Someone Must Feel Like A Fool Tonight by Kenny Rogers [100 bpm] CD: Back Home Again
OR - Any slow waltz

Position: Closed position. Man facing LOD. Lady facing RLOD
Start dancing on lyrics

MAN'S FOOTWORK:

TWINKLE RIGHT, TWINKLE TURN ¼ RIGHT

1-2-3 Cross left over right, step right together, step left in place
4-5-6 Cross right over left, turn ¼ right and step left back, step right next to left (now at inside track facing OLOD)

Man's left hand raises lady's right and turns her 1-¼ to right on count 5-6

ROCK STEP, STEP, ROCK STEP, STEP

1-2-3 Cross/rock left forward over right, recover to right, step left together
Man's left hand at lady's right waist, right hand extends to side open up (see option)
4-5-6 Cross/rock right forward over left, recover to left, step right together
Man's right hand at lady's left waist, left hand extends to side open up (see option)

ROCK STEP, TURN ¼ LEFT STEP FORWARD, BASIC WALTZ FORWARD

1-2-3 Cross/rock left forward over right, recover to right, turn ¼ left and step left forward (now facing LOD)
4-5-6 Step right forward, step left together, step right in place
Man's left hand at lady's right waist, right hand extends to side open up on count 1-2-3 and spins lady to her left on count 4-5, back to close position on count 6 (see option & option note)
45 degree angle body during the rock step

BASIC WALTZ FORWARD, STEP FORWARD, TURN ¼ RIGHT TOUCH TO SIDE, HOLD

1-2-3 Step left forward, step right together, step left in place
4-5-6 Step right forward, turn ¼ right and touch left to left side, hold (weight stays on right for 5-6, now facing OLOD)

WEAVE TO RIGHT, SLIDE STEP TO SIDE, DRAG AND TOUCH

1-2-3 Cross left over right, step right to side, cross left behind right (angling body during the weave)
4-5-6 Slide right to right, drag left toward right and touch

TURN ¼ LEFT STEP FORWARD, FORWARD, FORWARD, TWINKLE LEFT, TOUCH, HOLD

1-2-3 Turn ¼ left and step left forward, step right together, step left in place
Man's left hand raises lady's right, turns lady 1-¼ to the left inside turn (facing LOD in closed position)
4-5-6 Cross right over left, touch left to side and hold

TWINKLE RIGHT, TOUCH, HOLD, TWINKLE LEFT, TOUCH, HOLD

1-2-3 Cross left over right, touch right to side and hold
4-5-6 Cross right over left, touch left to side and hold

TWINKLE RIGHT, TOUCH, HOLD, BASIC WALTZ FORWARD

- 1-2-3 Cross left over right, touch right to side and hold
4-5-6 Step right forward, step left together, step right in place
Man's left hand raises lady's right, turns lady one full turn to the left inside turn
45 degree angle body during the twinkle

LADY'S FOOTWORK

TWINKLE LEFT BACKWARD, TWINKLE TURN 1¼ RIGHT

- 1-2-3 Step right backward behind left, step left together, step right in place
4-5-6 Turn ¼ right and step left back, turn ½ right and step right to side, turn ½ right and step left next to right (now at outside track facing ILOD)

ROCK BACK STEP, STEP, ROCK BACK STEP, STEP

- 1-2-3 Cross/rock right behind left, recover to left, step right together
4-5-6 Cross/rock left behind right, recover to right, step left together

ROCK BACK STEP, TURN ¼ LEFT STEP, FULL TURN LEFT BASIC WALTZ BACKWARD

- 1-2-3 Cross/rock right behind left, recover to left, turn ¼ left and step right back (facing RLOD)
4-5-6 Turn ½ left and step left forward, turn ½ left and step right back, step left together

Raise both hands up while turning (if desired)

Open both arms and extend to side during rocking (see option)

BASIC WALTZ BACKWARD, STEP BACK, TURN ¼ RIGHT TOUCH TO SIDE, HOLD

- 1-2-3 Step right back, step left together, step right in place
4-5-6 Step right back, turn ¼ right and touch right to right side, hold (weight stays on left for 5-6, facing ILOD)

WEAVE TO LEFT, SLIDE STEP TO SIDE, DRAG AND TOUCH

- 1-2-3 Cross right behind left, step left to side, cross right over left (angling body during the weave)
4-5-6 Slide left to left, drag right toward left and touch

TURN 1 ¼ LEFT BACKWARD, BACKWARD, BACKWARD, TWINKLE RIGHT, TOUCH, HOLD

- 1-2-3 Turn ¼ left and step right backward, turn ½ left and step left forward, turn ½ left and step right in place (now facing (RLOD))

Raise right hand and turn 1-¼ to left

- 4-5-6 Step left backward behind right, touch right to side and hold

TWINKLE LEFT, TOUCH, HOLD, TWINKLE RIGHT, TOUCH, HOLD

- 1-2-3 Step right backward behind left, touch left to side and hold
4-5-6 Step left backward behind right, touch right to side and hold

TWINKLE LEFT, TOUCH, HOLD, FULL TURN LEFT BASIC WALTZ BACKWARD

- 1-2-3 Step right backward behind left, touch left to side and hold
4-5-6 Turn ½ left and step left forward, turn ½ left and step right back, step left together

Raise right hand and make one full turn to left

- 45 degree angle body during the twinkle

REPEAT

Option: partners maintain closed position

Option note: man's left hand raises lady's right, turns lady 1-¼ to the left inside turn (facing LOD in closed position)

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