

To The Metal

Choreographer: Roy Verdonk (NL), Sebastiaan Holtland (NL). April 2017

Count: 64 / **Wall:** 2 / **Level:** Intermediate smooth

Music: Pedal To The Metal - Raul Midon (Single 2017)

Introduction: 16 counts, start on approx. 12 sec.

Sequence: 64, 32, Restart, 64, 64, 36, Restart to 12 o'clock, 64, 64 ending.

S:1 Step Heel Twist (diag), Together, Knee Pops R, L, R, Cross Sailor R with 1/4 Turn R, Cross Sailor L with 3/8 Turn L.
1&2 Step R diagonal forward R, Twist R heel out, Twist R heel back in place and Step L beside R weight onto R (10.30).
3&4 Pop R knee forward, Pop L knee forward, Pop R knee forward.
5&6 Step R across L, Making 1/4 turn R (1.30) step L to L, Step R to R.
7&8 Step L across R, Making 3/8 turn L (9) step R to R, Step L to L.

S:2 Step, 1/2 Turn R, Back, Back & Touch Fwd, Replace, 1/2 Sweep Turn L, Replace, 1/2 Swivel Turn L.
1-2 Step R forward, Making 1/2 turn R (3) step L back.
&3-4 Step R back, Touch L forward, Step L back in place.
5-6 Making 1/2 turn L (9) stepping R together and sweeping L from front to back and step L behind R.
7&8 Swivel both heels right, Swivel both heels back in place, Swivel both heels right making 1/2 turn L taking weight onto R (3:00).

S:3 Kick & Cross, Back, Step Back, Lock, Step Back, Back Rock / Recover, 1/4 Turn L, Point, Touch, Side (syncopated).
1&2 Kick L forward, Step L across R, Step R back.
3&4 Step L back, Lock R across L, Step L back.
5-6 Step R back, Recover back onto L.
7&8 Making 1/4 turn L (12) point R out to R, Touch R beside L, Step R to R.

S:4 Syncopated Cross Rock Back / Recover, Touch Fwd (diag), Syncopated Cross Rock Back / Recover, Side, Cross, 1/4 Turn R, Back, 1/4 Turn R, Step, Step.
1&2 Step L behind R, Recover back onto R, Point L diagonal forward.
3&4 Step L behind R, Recover back onto R, Step L to L.
5-8 Step R across L, Making 1/4 turn R (3) step L back, Making 1/4 turn R (6) step R forward, Step L forward.
(NB: Restart here in WALL 2 after 32 counts, after start again to (facing 12 o'clock).

S:5 1/4 Turn L, Side, Touch, & Cross, Side, Hold, Together, Side, Press Step, 1/4 Turn R, Sweep R.
1-2 Making 1/4 turn L (3) step R to R, Touch L beside R.
&3-4 Step L slightly to L, Step R across L, Step L to L.
(NB: 2nd Restart here in WALL 5 after 36 counts, you step 1/4 turn left fwd on L to 12 o'clock, instead of stepping left).
5&6 Hold, Step R beside L, Step L to L.
7-8 Press R across forward, Making 1/4 turn R (6) recover back onto L sweep R from front to back.

S:6 R, L, Kick & Touch, Cross & Side with 1/4 Turn L, Side, Together.
1&2 Step R behind L, Step L to L, Step R to R.
3&4 Step L behind R, Step R to R, Step L to L.
5&6 Kick R forward, Step R back in place, Touch L forward.
7&8& Step L across R, Making 1/4 turn L (3) step R slightly to R, Step L to L, Step R beside L.

S:7 Side, Touch, Side, Touch, 1/4 Turn L, Step, 1/2 Turn L, Back, Step Back, Lock, Step Back.
1-4 Step L to L, Touch R beside L, Step R to R, Touch L beside R.
5-6 Making 1/4 turn L (12) step L forward, Continue 1/2 Turn L (6) step R back.
7&8 Step L back, Lock R across L, Step L back.

S:8 Back Rock / Recover, Syncopated Side Rock / Recover & Cross, Syncopated Full Walking Circle L, Stomp, Hold.
1-2 Step R back, Recover back onto L.
3&4 Step R to R, Recover back onto L, Step R across L.
5&6& L+R+L+R full walking circle L (syncopated) squaring up at (6:00).
7-8 Stomp L forward, Hold.

REPEAT DANCE AND HAVE FUN!!

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