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## Locked Up 'n' Rockin'

64 count, 4 wall, Intermediate level  
Choreographer : Gaye Teather (UK) May 2000  
Choreographed to : Rock by John Dean - Always  
On My Mind - Tribute to Elvis (167 bpm)

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Intro: Start on vocals

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

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

#### TURNING TOE STRUTS MAKING 1/2 TURN RIGHT

17 – 20 Cross right toe over left foot, lower heel to floor, turn 1/4 right stepping left toe back, lower left  
heel to floor

21 – 24 Turn 1/4 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 1/4 turn left, on ball of left make 1/2 turn left stepping back right, on ball of right make  
1/4 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 1/2 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 1/4 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 1/4 right stepping right to right. Close left to  
right