

To The Metal

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

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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.

Sec 1. [1-8] Step Heel Twist (diag), Together, Knee Pops R, L, R, Cross Sailor R with $\frac{1}{4}$ Turn R, Cross Sailor L with $\frac{3}{8}$ 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 $\frac{1}{4}$ turn R (1.30) step L to L, Step R to R.
- 7&8** Step L across R, Making $\frac{3}{8}$ turn L (9) step R to R, Step L to L.

Sec 2. [9-16] Step, $\frac{1}{2}$ Turn R, Back, Back & Touch Fwd, Replace, $\frac{1}{2}$ Sweep Turn L, Replace, $\frac{1}{2}$ Swivel Turn L.

- 1-2** Step R forward, Making $\frac{1}{2}$ turn R (3) step L back.
- &3-4** Step R back, Touch L forward, Step L back in place.
- 5-6** Making $\frac{1}{2}$ 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 $\frac{1}{2}$ turn L taking weight onto R (3:00).

Sec 3. [17-24] Kick & Cross, Back, Step Back, Lock, Step Back, Back Rock / Recover, $\frac{1}{4}$ 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 $\frac{1}{4}$ turn L (12) point R out to R, Touch R beside L, Step R to R.

Sec 4. [25-32] Syncopated Cross Rock Back / Recover, Touch Fwd (diag), Syncopated Cross Rock Back / Recover, Side, Cross, $\frac{1}{4}$ Turn R, Back, $\frac{1}{4}$ 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 ¼ 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).

Sec 5. [33-40] ¼ Turn L, Side, Touch, & Cross, Side, Hold, Together, Side, Press Step, ¼ Turn R, Sweep R.

- 1-2** Making ¼ 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 ¼ 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 ¼ turn R (6) recover back onto L sweep R from front to back.

Sec 6. [41-48] Sailors R, L, Kick & Touch, Cross & Side with ¼ 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 ¼ turn L (3) step R slightly to R, Step L to L, Step R beside L.

Sec 7. [49-56] Side, Touch, Side, Touch, ¼ Turn L, Step, ½ 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 ¼ turn L (12) step L forward, Continue ½ Turn L (6) step R back.
- 7&8** Step L back, Lock R across L, Step L back.

Sec 8. [57-64] 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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