

# Cykelen

**Count:** 32    **Wall:** 4    **Level:** Beginner

**Choreographer:** Ulla Engström (SE) March 2015

**Music:** Danne Stråhed & Dynamo - Cykeln E Nyckelen

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**Intro: 32 counts - Style: Pop / Disco**

**S1: Right rumba box hold, left rumba box hold**

1 - 4            Step right to right side, step left together , step right forward, hold for one count  
5 - 8            Step left to left side, step right together, step left back, hold for one count

**S2: Side, in front, 1/4 turn left, kick, slow coasterstep, hold for one count**

1 - 4            Step right to right side, step left in front of right, turn 1/4 left stepping right back, kick  
                  left forward  
5 - 8            Step left back, step right beside left, step left forward, hold for one count

**S3: Slow lockstep forward right, scuff, Slow lockstep forward left, scuff**

1 - 4            Step right forward, lock left behind right, step right forward, scuff left heel  
5 - 8            Step left forward, lock right behind left, step left forward, scuff right heel

**S4: Step 1/2 turn, step, hold, trippel full turn hold**

1 - 4            Step right forward, make a 1/2 turn over the left shoulder (weight on left) step right  
                  forward, hold for one count  
5 - 8            Turn 1/2 right stepping back on left, turn 1/2 right stepping forward on right, step left  
                  forward, hold for one count

**START AGAIN - HAVE FUN**

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