

Out The Door

Compte: 32

Mur: 4

Niveau: Intermediate



Chorégraphe: Alison Metelnick (UK)

Musique: Bounce - Sarah Connor

TOUCH RIGHT BESIDE LEFT & FORWARD, RIGHT KICK STEP, PUSH BOUNCE BACK

1-2 Touch right toe beside left foot, touch right toe forward

3&4 Kick right forward, step right foot back and bounce back feet together

Think of this as a modified jazz push and press both hands forward as if you are pushing "out the door"

5-6 Walk forward right and left

7&8 Step right foot forward, ½ turn left step left foot forward, step right forward

STEP FORWARD LEFT & RIGHT, HEEL BOUNCES WITH ¼ TURN LEFT, ½ TURN LEFT STEP BACK RIGHT, LEFT COASTER STEP

1-2 Step forward left and right

3&4 Turning ¼ left bounce heels 3 times

You can push both hands to the floor when you are bouncing

5-6 Step left forward in extended fifth, ½ turn left step right back

7&8 Step left foot back, step right next to left, step left foot forward

TOUCH RIGHT TOE TO RIGHT SIDE & TOGETHER, SYNCOPATED RIGHT SIDE ROCK RECOVER & HOOK, HEEL BOUNCES, ¼ TURN RIGHT SYNCOPATED SIDE ROCK CROSS

1-2 Touch right toe to right side, touch right toe beside left

3&4 Rock step right to right side, recover weight on left, hook right foot behind left calf

5&6 Step right down in fifth position and bounce heels three times

7&8 Turning ¼ right step left foot out to left side, recover weight on right, cross step left over right

STEP RIGHT TO RIGHT, ½ TURN LEFT STEP LEFT TO LEFT, SYNCOPATED RIGHT CROSS ROCK & RECOVER STEP, CROSS LEFT OVER RIGHT, STEP RIGHT TO RIGHT, ¾ TURN LEFT SHUFFLE FORWARD

1-2 Step right foot to right side, turning ½ left step left foot to left side

3&4 Cross rock right foot over left & recover, step right foot to right side

5-6 Cross step left foot over right, step right foot to right side (starting to execute your ¾ turn left)

7&8 Turning ¾ left, step left foot forward, step right next to left, step left foot forward

REPEAT

ENDING

The dance will take you round the room 8 times and then on wall 9 you will dance to count 16. For big ending

17-18 Touch right to right side, ¼ turn right, touch right next to left, touch right to right side and strike a pose