

# Can't Stay Out

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Bracken Heidenreich (USA) - October 2010

**Musique:** You Got Me Dizzy - Steve Miller Band : (CD: Bingo!)



## 8 count intro

### TRIPLE LEFT, BACK ROCK, KICK BALL CHANGE, KICK BALL CHANGE

- 1&2 Step Left to left side, & close right next to left, step left to left side  
3,4 Rock right back, recover to left in place (body should naturally open to diagonal)  
5&6 Kick right forward, & Step ball of right back, Step left slight right of in place  
7&8 Kick right forward, & Step ball of right back, Step left slight right of in place

### TRIPLE RIGHT, BACK ROCK, KICK BALL CHANGE, KICK BALL CHANGE

- 1&2 Step Right to right side, & close left next to right, step right to right side  
3,4 Rock left back, recover to right in place (body should naturally open to diagonal)  
5&6 Kick left forward, & Step ball of left back, Step right slight left of in place  
7&8 Kick left forward, & Step ball of left back, Step right slight left of in place

### SIDE, BEHIND, QUARTER, STEP, HALF, SIDE, BEHIND, SIDE

- 1,2 Step left to left side, step right behind left  
3,4 Make 1/4 turn left and step left forward (9:00), Step right forward  
5,6 Pivot 1/2 turn left (3:00), step right to right side  
7,8 Step left behind right, step right to right side

### STOMP, HOLD (OR HEEL BOUNCE), CROSS, BACK, SIDE, TOUCH

- 1-4 Stomp left forward, hold for 3 counts (or bounce left heel for 3 counts)  
5,6 Step right across (in front of) left, Step left back  
7,8 Step right to right side, touch left next to right

**Start Over And Have Fun!!!**

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