

Out Tonight

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Sherrie Louise - January 2015
音乐: Man! I Feel Like a Woman! - Shania Twain



With Attitude Please!

Section 1: Touch, side hip bumps, left side shuffle, back rock.

1,2,3&4 Weight is on the right, touch left toe out to left side, hip bumps left, right and left.
5&6,7,8 Left side shuffle stepping left to left side, right next to left, left to left side. Rock/Step right foot back, recover weight onto left.

Section 2: *While Shimming Right Heel Strut, Left Heel Strut, Rocking Chair.

1,2,3,4 Touch Right toe forward with heel up, lower right heel to floor shifting the weight. Touch Left toe forward with heel up, lower left heel to floor shifting the weight.

*Move your shoulders backwards and forwards one at a time, if everything else moves too- don't fight it.

5,6,7,8 Step/Rock Right foot forward, rock weight back onto left foot. Step/Rock right foot back, rock weight forward onto left foot.

Section 3: Grapevine Right touch, Grapevine Left with a ¼ turn touch.

1,2,3,4 Step Right foot slightly forward, Left foot behind Right, Right to Right side, touch Left next to Right.
5,6,7,8 Step Left slightly forward, Right behind Left, Left to left side making left a ¼ turn, touch Right next to Left.

Section 4: Double hip bumps forward, Single Hip pushes.

1&2,3&4 Step Right foot forward bumping Right hip forward, Back, Forward. Bump, Right hip, back, forward, back.
5,6,7,8 With weight on both feet, bend knees and push hips forwards, backwards, forwards, backwards. (Up and Down).

End of Dance.

Don't forget to strike a pose at the end of the song!

Contact: natasha67@hotmail.co.uk