

All Outta Love (Set Me Free)

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数:
编舞者: Annemaree Sleeth (AUS) - August 2015
音乐: I'm Outta Love - Anastacia : (Album: Pieces Of A Dream - 3:41)



Intro: Count 21 beats from the heavy beat, after she starts the Second Yeah Yeah Yeah Yeah --"ooo" Yeah" the second time, about 13 seconds - Step forward on word Yeah. Dance Rotates CCW

Sec 1: STEP HIP BUMPS, SYNCOPATED HIPS X 2

1 – 2 Step R Diagonal Forward Pushing hip Forward , Back,
3 & 4 Remain on diagonal Push Hips Quick Forward, Back, Forward
5 – 6 Step L Diagonal Forward Pushing hip Forward , Back,
7 & 8 Remain on diagonal Push Hips Quick Forward, Back, Forward

Option Sect 1. Step Together Angle Shuffles 1 – 3 & 4 etc

ROCK RECOVER, SHUFFLE BACK, BACK RECOVER, WALK WALK

1 – 2 Rock R Forward, Recover L
3 & 4 Shuffle Back R, L, R
5 – 6 Rock Back L, Recover R
7 – 8 Walk L Forward, Walk R Forward

CROSS RECOVER ¼ SHUFFLE, CROSS, RECOVER ,1/2 SHUFFLE R

1 – 2 Cross L Over R, Recover R
3 & 4 Turn ¼ L Shuffle Forward (9.00)
5 – 6 Rock R Forward , Recover L
7 & 8 Turn R ½ shuffle back R,L,R (3.00)

½ SHUFFLE R , BACK RECOVER, ROCKING CHAIR

1 & 2 Turn R ½ shuffle back R,L,R (9.00)
3 – 4 Rock R Back, Recover R
5 – 6 Rock Forward R, Recover L
7 – 8 Rock R Back , Recover L

To End Facing 3.00 Dance 10 counts and step L Side

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