

Go All Out

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Pattie LeBlanc (CAN) - May 2016
音乐: Club Can't Handle Me (feat. David Guetta) - Flo Rida



Alternate music: (French) Elle Me Dit by MIKA* and Lose Control by Hedley**
Intro: 24 counts

(1-8) STEP, TOUCH, SHUFFLE BACK, SHUFFLE ½, STEP LOCK

1,2 Step LF fwd (1), touch RF behind LF (2)
3&4 Step RF back (3), lock LF in front of RF (&), step RF back (4)
5&6 Step LF ½-turn L (5), step RF behind LF (&), step LF fwd (6) (6 o'clock)
7,8 Step RF fwd (7), lock LF behind RF (8)

(9-16) STEP, TOUCH, SHUFFLE BACK, SHUFFLE ½, STEP, TOUCH

1,2 Step RF fwd (1), touch LF behind RL (2)
3&4 Step LF back (3), lock RF in front of LF (&), step LF back (4)
5&6 Step RF ½-turn R (5), step LF behind RF (&), step RF fwd (6)
7,8 Step LF fwd (7), touch RF behind LF (8) (12 o'clock)

(& 17-24) & BALL, SWEEP, SWEEP, BEHIND SIDE CROSS, TURN STEP, STEP LOCK STEP

&1,2 Step ball of RF in place (&), sweep LF behind RF (1), sweep RF behind LF (2)
3&4 Step RF behind LF (3), step LF to the left (&), cross RF over LF (4)
5,6 Do a 1/4 turn right stepping LF back (7), step RF fwd (8) (3 o'clock)
7&8 Step LF fwd (7), lock RF behind LF (&), step LF fwd (8)

(25-32) STEP, PIVOT, STEP LOCK STEP, ROCK RECOVER, MAMBO ¼ TURN L

1,2 Step RF fwd (1), pivot 1/2 turn L, (2) (9 o'clock)
3&4 Step RF fwd (3), lock LF behind RF (&), step RF fwd (4)
5,6 Rock LF to L side (5), recover on RF (6)
7&8 Cross LF over RF (1), step RF in place (&), step LF 1/4 turn L (6 o'clock)

(& 33-40) & ROCK RECOVER, & ¼ MONTERY, ROCK RECOVER & ¼ MONTEREY

&1,2 Step ball of RF next to LF (&), rock LF to left side (1), recover on RF (2)
&3,4 Step LF next to RF (&), point RF to the right (3), turn ¼ R bring RF next to LF (4) (9 o'clock)
5,6 Rock LF to left side (5), recover on RF (6)
&7,8 Step ball of LF next to RF (&), point RF to the right (7), turn ¼ R bring RF next to LF (8) (12 o'clock)

(41-48) ROCK RECOVER, SHUFFLE BACK x 2 , ROCK RECOVER

1,2 Rock LF fwd (1), recover on RF (2)
3&4 Step LF back (3), lock RF in front of LF (&), step LF back (4)
5&6 Step RF back (5), lock LF in front of RF (&), step RF back (6)
7,8 Rock LF back (7), recover on RF (8)

(49-56) KICK BALL CROSS, KICK BALL CROSS, SWIVEL HITCH, STEP ¼ TURN, STEP ¼ TURN

1&2 Kick LF diagonally (1), touch ball of LF next to RF (&), cross RF over LF (2)
3&4 Kick LF diagonally (3), touch ball of LF next to RF (&), cross RF over LF (4)
5&6 Step LF to the left while swivelling R heel to the L (5), R toe to the L (&), hitch R Leg next to L Leg (6)
7,8 Step RF ¼ turn R (7), Step LF ¼ turn R (8) (6 o'clock)

(57-64) KICK BALL CROSS, KICK BALL CROSS, ROCK RECOVER, BALL, WALK, WALK

1&2 Kick RF diagonally (1), touch ball of RF next to LF (&), cross LF over RF (2)
3&4 Kick RF diagonally (3), touch ball of RF next to LF (&), cross LF over RF (4)
5,6 Rock RF to the R (5), recover on LF (6)
&7,8 Step ball of RF next to LF (&), step LF $\frac{1}{4}$ L (7), step RF fwd (8) (3 o'clock)

Start over

***Elle Me Dit will have a Restart on wall 9, which is 32 counts into wall 6, after count 32&.**

~16-count intro.

****Lose Control has a 32-count intro. No Tags Or Restarts**

Contact: biotg@hotmail.com
