

Shout Out!

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Sara Lynn (USA) - January 2017
音乐: Shout Out to My Ex - Little Mix : (iTunes)



Intro: 4 counts (start on word ex)

[1 – 8] cross hitch, point, left sailor, cross hitch, point, right sailor ¼ turn

1, 2 (1) cross hitch right leg across left, (2) point right toe out to right side
3&4 (3) step right foot behind left, (&) step left foot to left side, (4) step right foot to right side
5, 6 (5) cross hitch left leg across right, (6) point left toe out to left side
7&8 (7) step left foot behind right, (&) step right foot to right side making ¼ turn left (9:00), (8) step left to left side

[9 - 16] heel x2, step, ¼ turn, heel x2, step, ¼ turn

1&2 (1) tap right heel forward, (&) step right foot next to left, (3) tap left heel forward
&3,4 (&) step left foot next to right, (3) step right foot forward, (4) pivot ¼ switching weight to left (6:00)
5&6 (5) tap right heel forward, (&) step right foot next to left, (6) tap left heel forward
&7,8 (&) step left foot next to right, (7) step right foot forward, (8) pivot ¼ switching weight to left (3:00)

[17 - 24] step lock, forward shuffle, rock, recover, sailor ¼ turn

1,2 (1) step right foot forward, (2) lock left foot behind right foot forward
3&4 (3) step right foot forward, (&) step left foot next to right, (4) step right foot forward
5, 6 (5) rock forward on left foot, (6) recover on right foot
7&8 (7) ¼ left stepping left behind right, (&) step right slightly to right side, (8) step left forward (12:00)

[25 - 32] kick ball change, forward rock recover, ¼ side rock recover, side rock recover

1&2 (1) kick right foot forward, (&) step right foot next to left, (2) step left foot forward
3,4 (3) rock forward on right foot, (4) recover on left foot
&5,6 (&) step right foot next to left, (5) make a ¼ left rocking onto left foot (to side), (6) □recover to right
&7,8 (&) step left foot next to right, (7) rock right to right side, (8) recover to left

BEGIN AGAIN!! HAVE FUN!!

Tag #1– 8 counts at the end of wall 5 (facing 9:00)

1, 2 (1) cross hitch right leg across left, (2) point right toe out to right side
3&4 (3) step right foot behind left, (&) step left foot to left side, (4) step right foot to right side
5, 6 (5) cross hitch left leg across right, (6) point left toe out to left side
7&8 (7) step left foot behind right, (&) step right foot to right side making 1/2 turn left, (8) step left to left side

Tag #2 – 4 counts at the end of wall 12 (facing 6:00)

1-4 with palms open, arms extended, slowly raise arms from hips to meet above head

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