

Outa My Head

拍数: 48 墙数: 4 级数:
编舞者: Autumn Lynn (IT) - April 2017
音乐: Seein' Red - Dustin Lynch



(1) Step R, hold, Sailor R, Sailor L, Behind side cross

1,2 Step on R and hold for a count
3&4 Sailor R
5&6 Sailor L
7&8 Behind side cross

(2) Step Drag, R Strut, L Strut, Pivot $\frac{3}{4}$

1&2 Step right foot out, drag left foot for a count and step on it. Making 2 counts
3, 4 Right toe strut w/hip bumps
5,6 Left Toe Strut w/hip bumps
7 Pivot $\frac{3}{4}$ holding out L Foot
8 you drag L foot in

(3) Kick Ball Change, Pivot half, Triple L, pivot half, full turn

1&2 Kick ball change R
3, 4 Pivot $\frac{1}{2}$ over R
5&6 Forward Triple left
7 Pivot half over L
8 Full turn over R

(4) Hip bumps R, Hip bumps L, Heel jack L Heel Jack R

1,2 Hip bumps to the R
3,4 Hip Bumps to the L
5&6 Heel Jack L
7&8 Heel Jack R

(5) Touch Step, Swivel L, Kick step back drag L 2 counts

1, 2 Touch R step Left foot in front of right
3,4 Swivel Left
5,6 Kick R Step back
7,8 Drag L step

(6) Point R Kick R Point Left Kick Left, 4 walks

1,2 Point R, kick R
3,4 Point L, L Kick ball change
5,6,7,8 4 Walks R,L, R, L

***1st Restart happens at Wall 3**

****2nd Restart happens at wall 5**

You can hear both Restarts in the music

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