

Lash Out

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Carlton Thompson (USA) - June 2018
音乐: Lash Out - Alice Merton



Section 1:

- 1-2 Step R ft. forward, Step L ft. forward.
&3-4 Step R ft. diagonally back to right side, make ¼ turn left leading with L ft. forward (9:00), Step R ft. forward.
5-6 Pivot ½ turn right with L ft. (3:00), Step R ft. back.
&7-8 Step L ft. next to R ft., Step R ft. forward, Step L ft. forward

Section 2:

- 1-2 Ball-Step (Rock-Step) R ft. forward, Hold.
&3-4 Pivot ½ turn left by brining R ft. to center to turn left (9:00), Ball-Step L ft. forward, Recover back on R ft.
5&6 (Sailor-Step) Cross L ft. behind R ft., Step R ft. to right side, Step L ft. to left side.
7&8 (Sailor-Step) Cross R ft. behind L ft., Step L ft. to left side, Step R ft. to right side.

Section 3:

- 1-2 Ball-Step (Rock-Step) L ft. forward, Recover back on R ft.
&3-4 Step L ft. next to R ft., Step R ft. forward, Recover back on L ft.
&5&6 Step R ft. next to L ft., Toe-Touch L ft. next to R ft., Make ¼ turn left by stepping on L ft. (6:00), Toe-Touch R ft. next to L ft.
&7&8 Make ¼ turn left by stepping down on R ft. (3:00), Heel-Touch L heel forward, Step L ft. next to R ft., Toe-Touch R ft. next to L ft.

Section 4:

- 1-2& Step R ft. diagonally forward to the right (45 degrees), Lock L ft. behind R ft., Step R ft. down.
3-4& Step L ft. diagonally forward to the left (45 degrees), Lock R ft. behind L ft., Step L ft. down.
5-6 Pivot ½ turn left by stepping on R ft. (9:00), Step L ft. down center.
7-8 Pivot ½ turn left by stepping on R ft. (3:00), Step L ft. down center.

Section 5:

- 1-2 **Make ¼ turn left by leading with R ft. to right side (12:00), Step L ft. down.
3&4 (Sailor-Step) Cross R ft. behind L ft., Step L ft. to left side, Step R ft. to right side.
5&6 (Sailor-Step) Cross L ft. behind R ft., Step R ft. to right side, Step L ft. to left side.
7-8 Cross-Step R ft. behind L ft. Make 1/8 turn to left by leading forward on L ft. (11:00)

Section 6:

- 1-2 Lift and Swing R leg over and across left leg, Swing R ft. back towards center floor.
3&4 (Sailor-Step) Cross R ft. behind L ft., Step L ft., to left side, Step R ft. to right side.
5&6 (Sailor-Travel) Cross L ft. behind R ft., Make ¼ turn to right by stepping R ft. to right side (2:00), Step L ft. forward.
7-8 Step R ft. forward, Pivot ½ turn right leading with L ft. forward (7:00).

Section 7:

- 1-2 Step R ft. forward, Step L ft. forward.
3&4 (Triple-Step Half Turn Left) Make ¼ turn left by stepping R ft. to right side, Step L ft. next to R ft., Make ¼ turn left by stepping R ft. back (2:00).
5-6 Make ½ turn left leading with L ft. (7:00), Make ½ turn left leading with R ft. (2:00).
7&8 (Triple-Step Half Turn Left) Make ¼ turn left by stepping L ft. back, Step R ft. next to L ft., Make ¼ turn left by stepping L ft. forward (6:00).

Section 8:

- &1-2 Jump ½ turn left leading with R ft., Step L ft. to left side, hold (12:00).
&3-4 Jump ½ turn left leading with R ft., Step L ft. to left side, hold (6:00).
&5-6 Jump ½ turn left leading with R ft., Step L ft. to left side, hold (12:00).
&7-8 Jump ½ turn left leading with R ft., Step L ft. to left side, hold (6:00).

Tag Line:

On Wall 2 – Section 8 – Drop those 8 counts and walk instead for a total of 16 counts.

Wall 2 (Section 8)

- 1-8 Walk R, L, R, L...

Section 1

- 1-8 Walk R, L, R, L... To face front wall (12:00)

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