

Made It Out Alright

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Made It out Alright - Matt Simons : (Single - iTunes)



Introduction: 8 counts, start on approx; 04 sec. With No Tags And Restarts.

Part 1. [1-8] Back, Side with ¼ Turn R, Scissor Step L, Side Rock R, ½ Runs L, R, L in Circle with Sweep R, Syncopated Weave L with Sweep L.

1&2& Step Lt back (1), Step Rt to R with ¼ turn R (3.00) (&), Step Lt to L (2), Step Rt beside Lt (&).
3,4 Step Lt across Rt (3), Step Rt big to R (4).
5&6 Walking Lt+Rt in a circle ½ turn L squaring up to 9.00 (5&), Stepping Lt fwd and sweep Rt from back to front (6).
7&8 Step Rt across Lt (7), Step Lt to L (&), Step Rt behind Lt and sweep Lt from front to back (8).

PART 2. [9-16] Behind, Side with 1/8 Turn R, Step L, Knee Lift R, Replace, Recover L, Triple 3/8 Turn R, Step, Point R.

1&2& Step Lt behind Rt (1), Step Rt to Rt 1/8 turn R (10.30) (&), Step Lt fwd (2), Lift R knee up (&).
3,4 On diagonal: Step Rt fwd (3), Recover back onto Lt (4).
5&6 Triple 3/8 turn R (R,L,R) (5&6) (3.00).
7,8 Step Lt fwd (7), Point Rt out to R (8).

PART 3. [17-24] Cross Sailor ¼ Turn R, Cross Rock Fwd L with Sweep L, Sailor Step L, Jump Both Feet Apart with ¼ Turn R, Heel & Toe Swivel R.

1&2 Step Rt across Lt (1), Step Lt to L ¼ turn R (6.00) (&), Step Rt to R (2).
3,4 Cross rock Lt fwd (3), Recover back onto Rt and sweep Lt from front to back (4).
5&6 Step Lt behind Rt (5), Step Rt to R (&), Step Lt to L (6).
&7&8 Jump Both Feet Apart ¼ turn R (9.00) take weight onto Lt (&7), Swivel Rt heel to L (&), Swivel Rt toe to front taking weight onto L (8).

Part 4. [25-32] Cross, Kick L Diag, Back, Side Mambo R, Back, Step L with ¼ Turn L, Fwd Coaster Step R.

1,2 Step Rt across Lt (1), Kick Lt diagonal fwd (2).
3 Step Lt back (3).
4&5 Mambo Rt to R (4), Recover back onto Lt (&), Step Rt back (5).
6 Step L fwd ¼ turn L (6.00) (6).
7&8 Step Rt fwd (7), Step Lt beside Rt (&), Step Rt back (8).

REPEAT DANCE AND HAVE FUN!!

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