

On Your Way Out

拍数: 64 墙数: 2
编舞者: Mike Stringer (UK) - March 2022
音乐: On Your Way Out - Gary Quinn

级数: Easy Intermediate



(No tags/restarts)

Sec 1: Right Vine with ½ turn, Travelling swivels, Clap

- 1,2 Step right to right side, step left behind right
3,4 Make ¼ turn right stepping right forward, make ¼ turn right stepping Left next to right (weight on balls)(6:00)
5,6 Swivel both heels to Left, swivel both toes to Left
7,8 Swivel both heels left(weight on left), clap hands (6:00)

Sec 2: Right Vine with ½ turn, Travelling swivels, Clap

- 1,2 Step right to right side, step left behind right
3,4 Make ¼ turn right stepping right forward, make ¼ turn right stepping Left next to right (weight on balls)(12:00)
5,6 Swivel both heels to Left, swivel both toes to Left
7,8 Swivel both heels left(weight on left), clap hands (12:00)

Sec3 Half rhumba box forward, step together ¼ turn.

- 1,2 Step right to right side, step left together next to right
3,4 Step right forward, touch left next to right (12:00)
5,6 Step left to left side, step right next to left
7,8 Turning ¼ over left, step left forward, tough right next to left (9:00)

Sec4 Half rhumba box back, step together ¼ turn brush

- 1,2 Step right to right side, step left together next to right
3,4 Step right back, touch left next to right (9:00)
5,6 Step left to left side, step right next to left
7,8 Turning ¼ over left, step left forward, brush right from back to front (6:00)

Sec5 Figure 8 turn

- 1,2 Step right to right side, cross left behind right
3,4 Make ¼ turn over right stepping right forward, step left forward (9:00)
5,6 Pivot ½ over right transferring weight on right, make ¼ over right stepping left to left side
7,8 Cross right behind left, make ¼ turn over left stepping left forward (3:00)

Sec6 Forward shuffle, ½ pivot, forward shuffle, ¼ turn

- 1&2 Step right forward, step left together, step right forward
3,4 Step left forward, make ½ turn over right, transferring weight onto right (9:00)
5&6 Step left forward, step right together, step left forward
7,8 Step right forward, make ¼ turn over left, transferring weight onto left (6:00)

Sec7 jazz box ¼ turn x2

- 1,2 Cross right over left, step back on left
3,4 Make ¼ turn over right, stepping right forward, step left next to right (9:00)
5,6 Cross right over left, step back on left
7,8 Make ¼ turn over right, stepping right forward, cross left over right (12:00)

Sec8 ½ Monterey turn, side rock behind together

- 1,2 Point right out to right side, make ½ turn over right stepping right in place

- 3,4 Point left out to left side, step left next to right (6:00)
- 5,6 Rock right out to right side, recover onto left
- 7,8 Cross right behind left, step left next to right (taking the weight) (6:00)

Start again.
