

Dance You Outta My Head

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Jonas Dahlgren (SWE) & Johanna Dahlgren (SWE) - February 2024
音乐: Dance You Outta My Head - Cat Janice : (Spotify, iTunes & Amazon)



No tags or restarts.

The artist of this song Cat Janice is losing her battle to cancer. All proceeds of this song will go to her 7 year old son. So dance, reflect, enjoy. Appreciate each other, you don't know what tomorrow brings <3

S1: ROCK RECOVER, SHUFFLE BACK, ROCK RECOVER, KICK OUT OUT

1-2 RF rock fwd (1), LF recover (2)
3&4 RF step back (3), LF step together (&), RF step back (4)
5-6 LF rock back (5), RF recover (6)
7&8 LF kick fwd (7), LF step L (&), RF step R (8)

S2: TWIST X3 R+L, SIDE TOGETHER CHASSE

1&2 Twist BH (=both heels) R (1), twist BH L (&), twist BH R (2)
3&4 Twist BH L (3), twist BH R (&), twist BH L (4)
5-6 RF step R (5), LF step together (6)
7&8 RF step R (7), LF step together (&), RF step R (8)

S3: CROSS ROCK, CHASSE ¼ L, STEP TURN X2, POINT

1-2 LF cross rock over RF (1), RF recover (2)
3&4 LF step L (3), RF step together (&), turn ¼ L, LF step fwd (4) [9:00]
5-6 RF step fwd (5), turn ½ L, LF step fwd (6)[3:00]
7&8 RF step fwd (7), turn ½ L, LF step fwd (&), RF point R (8) [9:00]

S4: KICK BALL POINT X2, JAZZ BOX

1&2 RF kick fwd (1), RF step together (&), LF point L (2)
3&4 L kick fwd (3), LF step together (&), RF point R (4)
5-8 RF cross over LF (5), LF step back (6), turn ¼ R, RF step R (7), LF Cross over RF (8)[12:00]

S5: TIME STEPS X4 TURNING ½ R

1,2& RF step R (1), LF step together (2), RF step together (&)
3,4& LF step L (3), RF step together (4), LF step together (&)
5,6&7,8& Turn ½ R and repeat counts 1-4 [6:00]

S6: BATUCADAS X5, CLAP X2

1-2 RF press fwd (1), roll hips fwd to back, LF recover (2)
&3-4 RF step back (&), LF press fwd (3), roll hips fwd to back, RF recover (4)
&5&6 LF step back (&), RF point fwd (5), RF step back (&), LF point fwd (6)
&7&8 LF step back (&), RF point fwd (7), clap twice (&8)

S7: TOE STRUTS X4 TURNING ½ L

1-4 RF toe strut fwd (1-2), turn ¼ L, LF toe strut fwd (3-4) [3:00]
5-8 RF toe strut fwd (5-6), turn ¼ L, LF toe strut fwd (7-8) [12:00]

S8: CROSS WALKS X2, CROSS SAMBA X2 TURNING ¼ L

1-4 RF cross over LF (1), hold (2), LF cross over RF (3), hold (4)
5&6 RF cross over LF (5), LF step L (&), RF step R (6)
7&8 LF cross over RF (7), turn ¼ L, RF step R (&), LF step L (8) [9:00]

