

Look Out

拍数: 32 墙数: 4 级数: Improver
编舞者: William Sevone (UK)
音乐: Look out Mabel - The Big Town Playboys



2X STEPS WITH EXPRESSION-CHASSE (12:00)

1-2 Step onto right foot, step onto left foot
3&4 Chasse right - stepping right, left-right
5-6 Step onto left foot, step onto right foot
7&8 Chasse left - stepping left, right-left

Counts 1-2 and 5-6: the 'steps' are on the spot - not traveling, also the 'steps' are performed with the foot pointing inward - also emphasize move with use of the hips

2X ¼ STEP FORWARD-PIVOT ¾-CHASSE (12:00)

9-10 Turn ¼ left & step forward onto right foot, pivot ½ left (weight on left foot)
11&12 Turn ¼ left & chasse right - stepping right, left-right
13-14 Turn ¼ right & step forward onto left foot, pivot ½ right (weight on right foot)
15&16 Turn ¼ right & chasse left - stepping left, right-left

The chassés are shallow (short stepped)

BEHIND, SIDE, 2X MODIFIED JAZZ BOX (12:00)

17-18 Cross right foot behind left, step left foot to let side
19-20 Cross step right foot over left, step backward onto left foot
21-22 Step right foot diagonally forward right, cross step left foot over right
23-24 Step backward onto right foot, step left foot diagonally forward left

Counts 19 to 24: figure of eight

Alternative section 3

BEHIND, SIDE, CROSS-BACK-SIDE, CROSS ROCK, RECOVER, SIDE-FRONT-FORWARD (12:00)

17-18 Cross right foot behind left, step left foot to let side
19&20 Cross step right foot over left, step backward onto left foot, step right foot to right side
21-22 Cross rock left foot over right, rock onto right foot
23&24 Step left foot to left side, step right foot in front of left, step forward onto left foot

WALK FORWARD: RIGHT-LEFT, COASTER STEP, WALK BACKWARD: LEFT-RIGHT, ¼ RIGHT COASTER STEP (3:00)

25-26 Walk forward: right, left
27&28 Step forward onto right foot, step left foot next to right, step backward onto right foot
29-30 Walk backward: left, right
31&32 Step backward onto left foot, step right foot next to left, turn ¼ right & step forward onto left foot

If you find it comfortable, try turning the toes inward for all this section

REPEAT