

# Movin' Out

拍数: 48      墙数: 0      级数:  
编舞者: Jim Ferrazzano (USA)  
音乐: Cotton Eye Joe - Rednex



## RIGHT & LEFT HEEL TAPS

1-4            Touching right toe slightly in front tap right heel 4 times  
5-8            Touching left toe slightly in front tap left heel 4 times

## HIP SWAYS, TOE TOUCHES WITH ¼ TURN LEFT

9-12           Quickly bump hips 4 times to the right  
13-14          Touch left toe forward, touch left toe to left side  
15-16          Turn ¼ turn left on right foot bringing left foot across in front of right ankle, hold one count

## SHUFFLE, PIVOT, RIGHT TURNING SHUFFLE, ROCK STEP

17&18          Shuffle forward left, right, left  
19-20          Step forward on right, turn ½ turn to left keeping weight on left  
21-22          Shuffle forward right, left, right making ¼ turn left while shuffling ( you should be facing front wall now)  
23-24          Rock weight back on left foot, recover weight to right foot

## STEP, TAP, SCOOT, STEP HACK, STEP, TAP, SCOOT

25-26          Step forward on left foot, tap right toe across & behind left heel  
27-28          Slide slightly back on ball of left foot, step back on right foot  
29-30          Step forward on left foot, step forward on right foot  
31-32          Tap left toe across behind right heel, slide back on ball of right foot

## WALK FORWARD, DOUBLE HIP BUMPS

33-34          Step back on left foot, step forward on right foot  
35-36          Step forward on left foot, step forward on right foot  
37-40          Bump hips twice right, bump hips twice left

## HIP BUMPS, PIVOT, STEP LOCK, STEP TOGETHER

41-42          Bump hips once right, bump hips once left  
43-44          Step forward on right, pivot ½ to left  
45-46          Step forward on right, slide left foot up behind right foot  
47-48          Step forward on right, step left next to right

## REPEAT

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