

# Movin' Out

拍数: 124      墙数: 2      级数: Intermediate  
编舞者: James Marlow (UK)  
音乐: I'm Moving Out - Billy Joel



## HEEL, TOE, HEEL, HITCH, COASTER STEP, STEP TURN

1-2            Right heel forward, right toe back  
3-4            Right heel forward, hitch right knee  
5&6           Coaster step back on the right  
7-8            Step forward left ½ turn right

## (REPEAT SECTION 1 BUT ON LEFT FOOT) HEEL, TOE, HEEL, HITCH, COASTER STEP, STEP TURN

1-2            Left heel forward, left toe back  
3-4            Left heel forward, hitch left knee  
5&6           Coaster step back on left  
7-8            Step forward right ½ turn left

## ROCK RECOVER, SHUFFLE TURN, ROCK RECOVER, COASTER STEP

1-2            Rock forward on right and recover back onto the left  
3&4            Shuffle ½ turn to the right  
5-6            Rock forward onto the left and recover back onto the right  
7&8            Coaster step back on the left

## (REPEAT SECTION 3 ON SAME FOOT) ROCK RECOVER, SHUFFLE LEFT TURN, ROCK RECOVER, COASTER STEP

1-2            Rock forward on right and recover back onto the left  
3&4            Shuffle ½ turn to the right  
5-6            Rock forward onto the left and recover back onto the right  
7&8            Coaster step back on the left

## RIGHT STRUT, LEFT STRUT, OUT OUT, KNEE KNEE

1-2            Right toe strut  
3-4            Left toe strut  
5-6            Right foot out to the right, left foot out to the left  
7-8            Wiggle knees together twice

## HEEL SWITCHES, ½ TURN, HEEL SWITCHES, ¼ TURN

1&2            Touch right heel forward, together with the left, touch left heel out  
&3-4           Bring left foot together with the right, step forward on the right making ½ turn to the left  
5&6            Touch right heel forward, together with the left, touch left heel out  
&7-8           Bring left foot together with the right, step forward on the right and make ¼ left

## (REPEAT SECTION 1) HEEL, TOE, HEEL, HITCH, COASTER STEP, STEP TURN

1-2            Right heel forward, right toe back  
3-4            Right heel forward, hitch right knee  
5&6            Coaster step back on the right  
7-8            Step forward left, ½ turn to the right

## SIDE MAMBO, SIDE MAMBO, ROCK AND KICK, ROCK & TOGETHER

1&2            Side mambo step to the left  
3&4            Side mambo step to the right

- 5&6 Side rock to the right, recover on the left and kick right foot forward  
&7&8 Bring right foot together after the kick, side rock to the left and together with the right

### **HEEL & TOE SYNCOPATION TURNING ½ LEFT**

- 1&2 Touch right heel forward. Step right together with the left. Touch left toe back  
&3 Turn ¼ left stepping left beside right, touch right toe back  
&4 Step right beside left, touch left heel forward  
&5 Step left beside right, touch right heel forward  
&6 Step right beside left, touch left toe back  
&7 Turn ¼ left stepping left beside right, touch right toe back  
&8 Step right beside left, touch left heel forward

**Option: replace this section with 8 heel switches starting on the right making ½ turn left**

### **MONTEREY HALF TURNS TWICE**

- 1-2 Point right toe out to the right, together with the left while making half turn to the right  
3-4 Point left toe to the left, bring together with the right  
5-6 Point right toe out to the right, together with the left while making half turn to the right  
7-8 Point left toe out to the left and together with the right

### **(ONLY SECTION WITH 12 COUNTS) STOMP, SCUFF, SWEEP TWICE, LEFT SHUFFLE, STEP RIGHT HALF TURN, WALK TWICE, OUT OUT**

- 1-2 Stomp on the right scuff left beside right  
3-4 Sweep left foot across right foot, and back again  
5&6 Shuffle forward on left foot  
7-8 Step forward on right foot and make ½ turn left  
9-10 Walk forward right, left  
11-12 Right foot out to the right, left foot out to the left

### **(MODIFIED VERSION OF SECTION 1) HEEL, TOE, HEEL, HITCH, COASTER STEP, STEP LEFT ¼ TURN**

- 1-2 Touch right heel forward, touch right toe back  
3-4 Touch right heel forward, hitch right knee  
5&6 Coaster step back on the right  
7-8 Step forward on the left making ¼ turn right

### **(SAME AS SECTION 2) HEEL, TOE, HEEL, HITCH, COASTER STEP, STEP RIGHT ½ TURN**

- 1-2 Touch left heel forward, touch left toe back  
3-4 Touch left heel forward, hitch left knee  
5&6 Coaster step back on the left  
7-8 Step forward on the right making a ½ turn left

### **ROCK RECOVER, CROSS STEP CROSS, TURN TURN, LEFT SHUFFLE**

- 1-2 Rock right to the right side and recover onto the left  
3&4 Cross step cross on the right  
5-6 Step back on the left making a ¼ turn right, step back on the right making a ¼ right  
7&8 Left shuffle forward

### **(SAME AS SECTION 13) ROCK RECOVER, CROSS STEP CROSS, TURN TURN, LEFT SHUFFLE**

- 1-2 Rock right to the right side and recover onto the left  
3&4 Cross step cross on the right  
5-6 Step back on the left making a ¼ turn right, step back on the right making a ¼ right  
7&8 Left shuffle forward

**REPEAT**

**RESTART**

**After section 14 of the 2nd wall: start again from the toe struts on section 5**

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