

No Way Out

拍数: 32 墙数: 4 级数:
编舞者: Tracey McIntosh (UK)
音乐: No Way Out - Suzy Bogguss



EAST COAST SWING BASIC STEP, SIDE SHUFFLE

1&2 Step right to side, step left beside right, step right to side
3&4 Step left to side, step right beside left, step left to side
5-6 Rock back diagonally right, step left in place
7&8 Step right to side, step left beside right, step right to side

CROSSING TOE STRUTS, ROCK STEP, SHUFFLE WITH ¼ TURN

9-10 Cross left toe over right, drop heel to the floor and click
11-14 Touch right toe to right side, drop heel and click, cross left over right, step right in place
15&16 On ball of right, pivot ¼ turn left and step forward left, step right beside left, step forward left

FULL TURN, SHUFFLE, ROCK STEP, COASTER STEP

17 On ball of left, pivot ½ turn left and step back right
18 On ball of right, pivot ½ turn left and step forward left
19&20 Step forward right, step left beside right, step forward right
21-22 Rock forward left, step right in place
23&24 Step back left, step back right, step forward left

PIVOT ¼ TURN TWICE, HEEL SWITCHES, ½ BOX

25-28 Step forward right, pivot ¼ turn left, step forward right, pivot ¼ turn left
29& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
30& Touch left heel forward, step left beside right
31-32 Cross right over left, step back left

REPEAT
