

Out And About

拍数: 52 墙数: 0 级数:
编舞者: Selena Webber (CAN)
音乐: Mi Vida Loca - Pam Tillis



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- 1-4 Right heel to side, right toe to side, right heel to side, hitch left turn $\frac{1}{4}$ turn left
5-8 Vine backwards (right-left-right) hitch left
9-12 Step left forward, lock right behind left, step left forward, turn $\frac{1}{4}$ turn left step right to right side
13-14 Step onto left turn $\frac{1}{4}$ turn left, step onto right turn $\frac{1}{4}$ turn left (feet slightly apart, right hip to right side)
15-16 Hips (left, right)
- 17-20 Step back on left, step right forward, step left forward turn $\frac{1}{2}$ turn right, hitch right leg
21-24 Vine right (right-left-right) stomp left
25-28 Moving twist to left (heels, toes, heels, toes turning $\frac{1}{4}$ turn left)
29-32 Step left across right, kick right to side, step right across left, kick left to side
- 33-36 Step left to side, turn $\frac{1}{2}$ turn left on ball of left foot, step right to side, turn $\frac{3}{4}$ turns left on ball of right foot
37-40 Step left to side, right together & clap, step right to side, left together & clap
41-44 Step left to side, swing left arm out onto left thigh, step right to side, swing right arm out onto right thigh
45-48 Twist down (bend knees left, right), twist up (straighten knees left, right)
- 49-52 Step left to left, turn $\frac{1}{2}$ turn left on left foot, step right foot to side, step left foot behind right foot, kick left

REPEAT
