

Out The Door

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Alison Metelnick (UK)
音乐: Bounce - Sarah Connor



TOUCH RIGHT BESIDE LEFT & FORWARD, RIGHT KICK STEP, PUSH BOUNCE BACK

1-2 Touch right toe beside left foot, touch right toe forward
3&4 Kick right forward, step right foot back and bounce back feet together
Think of this as a modified jazz push and press both hands forward as if you are pushing "out the door"
5-6 Walk forward right and left
7&8 Step right foot forward, ½ turn left step left foot forward, step right forward

STEP FORWARD LEFT & RIGHT, HEEL BOUNCES WITH ¼ TURN LEFT, ½ TURN LEFT STEP BACK RIGHT, LEFT COASTER STEP

1-2 Step forward left and right
3&4 Turning ¼ left bounce heels 3 times
You can push both hands to the floor when you are bouncing
5-6 Step left forward in extended fifth, ½ turn left step right back
7&8 Step left foot back, step right next to left, step left foot forward

TOUCH RIGHT TOE TO RIGHT SIDE & TOGETHER, SYNCOPATED RIGHT SIDE ROCK RECOVER & HOOK, HEEL BOUNCES, ¼ TURN RIGHT SYNCOPATED SIDE ROCK CROSS

1-2 Touch right toe to right side, touch right toe beside left
3&4 Rock step right to right side, recover weight on left, hook right foot behind left calf
5&6 Step right down in fifth position and bounce heels three times
7&8 Turning ¼ right step left foot out to left side, recover weight on right, cross step left over right

STEP RIGHT TO RIGHT, ½ TURN LEFT STEP LEFT TO LEFT, SYNCOPATED RIGHT CROSS ROCK & RECOVER STEP, CROSS LEFT OVER RIGHT, STEP RIGHT TO RIGHT, ¾ TURN LEFT SHUFFLE FORWARD

1-2 Step right foot to right side, turning ½ left step left foot to left side
3&4 Cross rock right foot over left & recover, step right foot to right side
5-6 Cross step left foot over right, step right foot to right side (starting to execute your ¾ turn left)
7&8 Turning ¾ left, step left foot forward, step right next to left, step left foot forward

REPEAT

ENDING

The dance will take you round the room 8 times and then on wall 9 you will dance to count 16. For big ending
17-18 Touch right to right side, ¼ turn right, touch right next to left, touch right to right side and strike a pose