

# Outa Control

拍数: 48                      墙数: 2                      级数: Improver  
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音乐: Cypress Grove - The GrooveGrass Boyz



## SYNCOPATED DOUBLE FOOT BOOGIES, CROSSOVERS, TURNS, CLAP

- 1                      Shift weight to heels and split toes apart
- &                      Shift weight to toes and split heels apart
- 2                      Shift weight to heels and split toes apart
- 3                      Cross step right foot over left foot
- 4                      Unwind ½ turn to the left and clap hands
- 5-8                      Repeat steps 1-4 as above

## HEEL BALL CROSSES, ROCK STEP, SLOW TURN, CLAP

- 9                      Touch right heel forward
- &                      Step on ball of right foot next to left foot
- 10                      Cross step left foot over right foot
- 11&12                      Repeat steps 9&10 as above
- 13                      Step to the right on right foot
- &                      Rock onto left foot in place
- 14                      Cross step right foot over left foot
- 15                      Unwind ¼ turn to the left
- 16                      Unwind ¼ turn to the left and clap hands
- 17-24                      Repeat steps 9-16 as above

## SIDE-TURNING SHUFFLES, TURNING COASTER STEPS

- 25&26                      Shuffle to the right stepping right-left-right while turning ¼ turn to the left
- 27                      Step back on left foot
- &                      Step right foot back next to left foot
- 28                      Step forward on left foot with a ¼ turn to the left
- 29-32                      Repeat steps 25-28 as above (you should have made a full turn on steps 25-32)

## RIGHT AND LEFT VINES WITH SYNCOPATED FOOT STOMPS

- 33                      Step to the right on right foot
- 34                      Cross step left foot behind right foot
- 35                      Step to the right on right foot
- &                      Stomp left foot next to right foot
- 36                      Stomp left foot next to right foot (weight stays on right foot)
- 37                      Step to the left on left foot (you can do a rolling vine as a variation)
- 38                      Cross step right foot behind left foot on 37-38-39 stepping ¼ turn, ¼ turn, ½ turn
- 39                      Step to the left on left foot and two stomps)
- &                      Stomp right foot next to left foot
- 40                      Stomp right foot next to left foot (weight stays on left foot)

## SYNCOPATED ROCK STEPS, MILITARY TURN, SYNCOPATED ROCK STEPS, STOMPS

- 41                      Rock forward on right foot while lifting left foot slightly
- &                      Step back onto left foot in place
- 42                      Rock back on right foot while lifting left foot slightly
- &                      Step forward onto left foot in place
- 43                      Step forward on right foot
- 44                      Pivot ½ turn to the left on ball of right foot and shift weight to left foot

- 45&46& Repeat 41&42& as above
- 47 Stomp right foot next to left foot
- 48 Stomp right foot next to left foot (while putting weight on both feet)

**REPEAT**

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