

Outta M' Mind

拍数: 48 墙数: 4 级数: Intermediate
编舞者: William Sevone (UK)
音乐: Tryin' To Forget You - Candy Kane & Earl Thomas



4X ROCK-RECOVER

- 1-2 Rock forward onto right foot, recover onto left foot
- 3-4 Rock backward onto right foot, recover onto left foot
- 5-6 Rock forward onto right foot, recover onto left foot
- 7-8 Rock back onto right foot, recover onto left foot

FORWARD SHUFFLE, HEEL SWITCH, 2X SAILOR SHUFFLES

- 9&10 Step forward onto right foot, step left foot next to right, step forward onto right foot
- 11&12 Touch left heel diagonally forward, step right foot back to center, touch right heel diagonally forward
- 13&14 Step right foot behind left, step left foot to side, step right foot to side
- 15&16 Step left foot behind right, step right foot to side, step left foot to side

ONE AND ¾ TURNS RIGHT, HEEL SWITCH, STEP BEHIND, ¼ LEFT, STEP FORWARD

- 17& (Moving left) turn ¾ right on ball of left foot stepping forward onto right foot, step forward onto left foot
- 18 (Moving forward) turn full turn right on ball of left foot - stepping forward onto right foot
- 19&20 Touch left heel diagonally forward left, step right foot back to center, touch right heel diagonally forward right
- 21-22 Step right foot behind left, turn ¼ left & step forward onto left foot

FORWARD SHUFFLE, 4X ROCK-RECOVER

- 23&24 Step forward onto right foot, step left foot next to right, step forward onto right foot
- 25-26 Rock forward onto left foot, recover onto right foot
- 27-28 Rock backward onto left foot, recover onto right foot
- 29-30 Rock forward onto left foot, recover onto right foot
- 31-32 Rock backward onto left foot, recover onto right foot

TOUCH BEHIND, ¾ LEFT, RIGHT CHASSE, BACKWARD ROCK, RECOVER

- 33-34 Touch left toe behind left, turn ½ left on ball of right foot & step forward onto left
- 35&36 Turn ¼ left on left foot & step right foot to side, step left foot next to right, step right foot to side
- 37-38 Rock backward onto left foot, recover onto right foot

LEFT CHASSE, BACKWARD ROCK, RECOVER, HEEL SWITCH, STEP, SHUFFLE FORWARD, STEP FORWARD

- 39&40 Step left foot to side, step right foot next to left, step left foot to side
- 41-42 Rock backward onto right foot, recover onto left foot
- 43&44 Touch right heel diagonally forward right, step right foot back to center, touch left heel diagonally forward left
- 45 Step left foot back to center
- 46&47 Step forward onto right foot, step left foot next to right, step forward onto right foot
- 48 Step forward onto left foot

REPEAT

Variation: in place of counts 17& - 18, step right foot behind left, step left foot to side with ¼ left, step forward onto right foot.

