

I'm Outta Here

拍数: 48 墙数: 4 级数: Improver
编舞者: Nigel Payne (UK)
音乐: (If You're Not In It for Love) I'm Outta Here! - Shania Twain



RIGHT SHUFFLE, SIDE ROCK, LEFT SHUFFLE, SIDE ROCK

1&2 Step right forward, slide left beside right, step right forward
3-4 Rock left to left side, rock back onto right
5&6 Step left forward, slide right beside left, step left forward
7-8 Rock right to right side, rock back onto left

RIGHT CHASSE, BACK ROCK, LEFT CHASSE, BACK ROCK

1&2 Step right to right side, step left beside right, step right to right side
3-4 Rock back left behind right, rock forward onto right
5&6 Step left to left side, step right beside left, step left to left side
7-8 Rock back right behind left, rock forward onto left

SHUFFLES AND WALKS BACK, LEAN & HITCH

1&2 Step back on right, slide left beside right, step back right
3&4 Step back on left, slide right beside left, step back on left
5-8 Walk back right, left, right, hitch left and lean back

LEFT LOCK STEP, SCUFF, ½ PIVOT LEFT TWICE

1-4 Step left foot forward, lock right behind left, step left foot forward, scuff right forward
5-6 Step right forward, pivot ½ turn left
7-8 Step right forward, pivot ½ turn left

GRAPEVINE RIGHT WITH ¼ TURN RIGHT, GRAPEVINE LEFT WITH SCUFF

1-4 Step right to right side, step left behind right, step right to right side turning ¼ right, scuff left forward
5-8 Step left to left side, step right behind left, step left to left side, scuff right across left

CROSS ROCK, COASTER STEP, CROSS ROCK, SHUFFLE ½ TURN LEFT

1-2 Cross rock right over left, rock back onto left
3&4 Step back on right, step left beside right, step forward on right
5-6 Cross rock left over right, rock back onto right
7&8 Turn ½ left stepping left, right, left

On side rocks, sway hips with the rock steps. The shuffles can be done coming back at angles, i.e. Shuffle back right to left corner and left shuffle to right corner

REPEAT