

Get Outta My Way

COPPER KNOB
BY STEPHENETS

拍数: 40 墙数: 4 级数: Intermediate west coast swing
编舞者: Nancy Morgan (USA)
音乐: Get Outta My Way - Carolina Rain



KICK & CROSS, SIDE ROCK, STEP BEHIND & CROSS & BEHIND & CROSS

1&2 Kick right foot forward, step right foot back as you cross left over right
3-4 Rock/step right foot out to right side and return weight to left foot
5&6&7&8 Step right foot behind left, step left to left side, cross right over left, step left to left side, cross right behind left, step left to left side, cross right over left

SIDE ROCK, COASTER STEP, KICK & TOUCH BACK, BOUNCE 3 TIMES IN A ½ TURN

1-2 Rock/step left foot out to left side and return weight to right foot
3&4 Coaster step - step back on left, step right next to left, step left foot forward
5&6 Kick right foot forward, step right next to left, touch left toes straight back
7&8 Bounce on right heel 3 times as your turn ½ turn to left (weight is still on right)

PRESS, KICK, COASTER STEP, PRESS, KICK, COASTER STEP

1-2 Press all your weight forward onto left, as you lean back on right - kick your left forward
3&4 Coaster step - step back on left, step right next to left, step left forward
5-6 Press all your weight forward onto right, as you lean back on left - kick right forward
7&8 Coaster step - step back on right, step left next to right, step forward on right

STEP FORWARD, ½ TURN, STEP BACK ½ TURN, STEP FORWARD ¼ TURN, SIDE ROCK, BACK SAILOR SHUFFLE

1-2 Step forward on left, pivot ½ turn to right (weight ends on right)
3 As you turn ½ turn to right - step back on left
& As you turn ¼ turn to right - step forward on right
4 Step forward on left
5-6 Rock/step right foot out to right side and return weight to left foot
7&8 Back sailor - step right foot behind left, step left to left side, step back on right foot

BACK SAILOR SHUFFLE, WALK, WALK, SHUFFLE FORWARD, FORWARD MAMBO

1&2 Back sailor - step left foot behind right, step right to right side, step back on left foot
3-4 Walk forward - right, left
5&6 Shuffle forward - right, left, right
7&8 Mambo step - rock/step forward on left and back on right, step left next to right

REPEAT

TAG

After you have completed your 5th wall:

1 Stomp right foot forward slightly
2-3-4 Hold for 3 counts shifting weight back to left as last count

Now begin again
