

Lookout (aka På Le)

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: Cato Larsen (NOR) - October 2011
音乐: Møkkamann - Plumbo : (CD: Plumbo - Råkk'n Roll Harry - 2010)



Intro: Start the dance at vocals after 32 counts (18 seconds). - Motion: Smooth Funk (West Coast Swing).

[1 – 8] On right Diagonal: Walk forward, Rock Step, Walk back, 1/2 Pivot turn, Step forward.

- 1-2 Step forward on right (1), Step forward on left (2).
- 3-4 Step forward on right (3), Rock (recover) weight back again onto left (4).
- 5-6 Step back on right (5), Step back on left (6).
- 7 Step back on right (7).
- 8& Pivot ½ turn left Stepping forward on left (&), Step forward on right (8).

[9 – 16] On right Diagonal: Walk forward, Rock Step, Shuffle back, Coaster Step straightening up to 6.

- 1-2 Step forward on left (1), Step forward on right (2).
- 3-4 Step forward on left (3), Rock (recover) weight back again onto right (4).
- 5&6 Step back on left (5), Step right next to left (&), Step back on left (6).
- 7& Step back on right (7), Step left next to right (&).
- 8 Straighten up to 6 O'Clock and Step forward on right (8).

[17 – 24] Charleston Step, Sweep 1/4 turn, Cross Shuffle.

- 1-2 Step forward on left (1), Kick right foot forward (2).
- 3-4 Step back on right (3), Touch left toe back (4).
- 5-6 Step forward on left (5), Pivot ¼ turn left Sweeping right foot forward (6).
- 7&8 Cross right over left (7), Step left to left side (&), Cross right over left (8).

[25 – 32] On a diagonal; Charleston Step, Sweep 1/4 turn, Cross Shuffle.

- 1-2 Step forward on left (1), Kick right foot forward (2).
- 3-4 Step back on right (3), Touch left toe back (4).
- 5-6 Step forward on left (5), Pivot ¼ turn left Sweeping right foot forward (6).
- 7&8 Cross right over left (7), Step left to left side (&), Cross right over left (8).

Tag: Add this Tag here on wall nr. 5, and continue the dance from count 33. You'll be facing 12 O'Clock.

Side Rock & Cross, Hold, Side Rock & Cross, Hold.

- 1-2 Step left to left side (1), Rock (recover) back again onto right (2).
- 3-4 Cross left over right (3), Hold (4).
- 5-6 Step right to right side (5), Rock (recover) back again onto left (6).
- 7-8 Cross right over left (7), Hold (8).

[33 – 40] Side, Touch, Kick-Ball-Cross, Side, Touch, Kick-Ball-Cross.

- 1-2 Step left to left side (1), Touch right toe next to left (2).
- 3&4 Kick right foot diagonally forward right (3), Step right next to left (&), Cross left over right (4).
- 5-6 Step right to right side (5), Touch left toe next to right (6).
- 7&8 Kick left foot diagonally forward left (7), Step left next to right (&), Cross right over left (8).

[41 – 48] Side, 1/4 turn & Touch, Side Shuffle, Jazz Box.

- 1-2 Step left to left side (1), Pivot ¼ turn right Touch right toe next to left (2).
- 3&4 Step right to right side (3), Step left next to right (&), Step right to right side (4).
- 5-6 Cross left over right (5), Step back on right (6).
- 7-8 Step left to left side (7), Step slightly forward on right (8).

[49 – 56] Rock Step, And Rock Step, And Rock Step, Coaster Step.

1-2 Step forward on left (1), Rock (recover) back again onto right (2).
& Step left next to right (&).
3-4 Step forward on right (3), Rock (recover) back again onto left (4).
& Step right next to left (&).
5-6 Step forward on left (5), Rock (recover) back again onto right (6).
7&8 Step back on left (7), Step right next to left (&), Step forward on left (8).

[57-64] Rock Step, Ronde Jambe 1/4 turn, Diagonal Rock Step, Coaster Step.

1-2 Step forward on right (1), Rock (recover) back again onto left (2).
3-4 Make a Circle clockwise with right foot in the air or on the floor as you turn ¼ turn right og
Step right foot diagonally forward right (3,4).
5-6 Step forward on left (5), Rock (recover) back again onto right (6).
7&8 Step back on left (7), Step right next to left (&), Step forward on left (8).

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