

Come Out Come Out (Tsoang, Tsoang) COPPER KNOB

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Linda Reese (USA) - October 2012
音乐: Tsoang Tsoang Tsoang - Dr. Victor & The Rasta Rebels



(This piece of music is 4:58 minutes long so you may wish to shorten it);
Country option: "Banjo" by Rascal Flatts CD: Banjo (iTunes and Amazon)

No Tags or Restarts

Start 16 cts after the words "Hit it" (about 17 seconds in)

FORWARD ROCK, RECOVER, BACK, 2 HEELS SWITCHES, STEP TOGETHER, STEP FORWARD, PIVOT ¼ TURN RIGHT CROSS, SIDE, HEEL

- 1-2&3&4 (1) Rock forward on right, (2) recover left, (&) step back on right, (3) touch left heel forward, (&) step back on left, (4) touch right heel forward,
&5-7&8 (&) step right together, (5) step left forward, (6) pivot ¼ turn right, (7) cross left over right, (&) step right back slightly and to right side, (8) touch left heel forward

STEP BACK, CROSS, BACK, DIAGANOL STEP LOCK BACK, BACK ROCK, RECOVER, STEP LOCK FORWARD

- &,1-2,3&4 (&) step left back (1) cross right over left, (2) step back on left, (3&4) step right back, cross left over right, step back on right (3&4 diagonal lock angled to 5:30)
5-6,7&8 (5) rock back on left, (6) recover on right, (7&8) step left forward, lock right behind, step left forward

PIVOT ¼ TURN LEFT, CROSS AND CROSS, SIDE ROCK, RECOVER, ½ TURN SAILOR

- 1-2,3&4 Step forward on right, pivot ¼ turn left, cross right over left, step left to left side, cross right over left
5-6,7&8 Step left to left side, recover on right, step left behind right, turn ¼ turn left stepping right to side, turn ¼ stepping forward on left

HEEL SWITCHES (2 X), WALK, WALK, HEEL SWITCHES (2 X), PIVOT ¼ LEFT

- 1&2&3-4 Touch right heel forward, step right next to left, touch left heel forward, step left next to right, step forward right, left
5&6&7-8 Touch right heel forward, step right next to left, touch left heel forward, step left next to right, step forward right, pivot ¼ turn L

START AGAIN