

Get Out

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Katja Østerby (DK) - December 2012
音乐: One Thing - One Direction : (Single)



Intro: 8 counts (start on lyrics)

Side rock, behind side cross, side rock, sailor step

1-2 Rock right foot to right side(1), recover weight onto Left(2)
3&4 cross Right behind Left(3), step Left to left side(&), cross Right foot in front of left(4)
5-6 rock left foot to left side(5), recover weight onto right(6)
7&8 Cross Left Behind Right(7), Step Right to Right Side(&), Step Left to Left Side(8)

Kick ball step x2, step forward, pivot ½ Turn, side chassè

1&2 Kick right foot forward(1), step Right next to left(&), step forward on left(2)
3&4 Kick right foot forward(3), step Right next to left(%), step forward on left(4)
5-6 Step forward on right(5), Pivot ½ turn left(6)
7&8 Step right to right side(7), step left next to right(&), step right to right side(8)

Cross, side, sailor step, cross, side sailor ¼ turn

1-2 Cross left over Right(1), step right to right side(2)
3&4 Cross Left Behind Right(3), Step Right to Right Side(&), Step Left to Left Side(4)
5-6 Cross right over Left(5), step left to left side(6)
7&8 Cross Right Behind Left Turning ¼ Turn Right(7), Step Left to Left Side(&), Step Right to Right Side(8)

Point forward, hold x2, rock forward, big step back, touch

1-2 Point Left foot forward(1), hold(2)
&3-4 Step left next to right(&), point right foot forward(3), hold(4)
&5-6 Step right next to left(&), rock left foot forward(5), recover onto right(6)
7-8 take a big step back on left foot(7), touch right foot next to left(8)

Restarts: on walls 5 and 11: dance up to count 16, weight will be on the right, close left beside right on the (and) count and start from the beginning.

Tag: end of wall 9 (you will be facing 6 o' clock): as you end the dance take weight onto right on count 32, then repeat the last 8 counts of the dance.

Ending: as you end the dance on wall 13 (you will be facing 3 o'clock) take weight onto right on count 32 and do the ending:

Point forward, hold x2, rock forward, ¼ turn

1-2 Point Left foot forward(1), hold(2)
&3-4 Step left next to right(&), point right foot forward(3), hold(4)
&5-6 Step right next to left(&), rock left foot forward(5), recover onto right(6)
7 make ¼ turn left stepping left to left side(7)

Contact: katjaosterby@hotmail.com