

Stepping Out

COPPERKNOB
STEPPING SHEETS

拍数: 32 墙数: 4 级数: Improver / Easy Intermediate
编舞者: Martie Papendorf (SA) - April 2014
音乐: Stepping out (The Kiffness Remix) - Samuel Miller



Alt. music- Stepping Out. Samuel Miller. - Lost Out Here. [2:37 - 114 bpm]

Intro. : Start on vocals after 16 counts [+/- 8 sec.]

#1: Swing, Back, Coaster step, Touch, Kick, R shuffle back

1,2 Swing R out and kick fwd, Step R back,
3&4 Step L back, Step R next to L, Step L fwd,
5,6 Touch R next to L, Kick R fwd,
7&8 Step R back, Step L next to R, Step R back [12.00]

#2: L shuffle back, Coaster ¼ left, &, Side, Hold, Cross, Back ¼ left, Side

1&2 Step L back, Step R next to L, Step L back,
3&4 Turning ¼ left step R back, Step L next to R, Step R fwd, [9.00]
&5,6 Step L next to R, Step R to right side, Hold,
7&8 Step L across R, Step R back making a ¼ turn left, Step L to left side [6.00]

#3: Back, Heel, Shuffle back, Kick, Ball, Change, Lockstep fwd

1,2 Step R back, Touch L heel fwd,
3&4 Step L back, Step R next to L, Step L back,
5&6 Kick R fwd, Step R next to L, Step L next to R,
7&8 Step R fwd, Lock L behind R, Step R fwd [6.00]

#4: Stamp, Step, &, Cross shuffle, Rock left right, Sailor ¼ left

1,2 Stamp L to left side, Step R to right side,
&3&4 Step L next to R, Step R across L, Step L to left side, Step R across L,
5,6 Rock L to left side, Recover R to right side,
7&8 Swing L out and step behind R making a ¼ turn left, Rock R to right side, Recover L to left side [3.00]

Tag: Added after wall 8, facing 12.00

Step R, L, &, Triple step

1,2 Step R next to L, Step L next to R,
&3&4 Step R next to L, Make a triple step on the spot L, R, L

There is NO Tag should the alternate music be used.

Ending: To end facing 12.00 replace "Sailor ¼ left" at end of dance [wall 9] with a "Sailor ½ left".

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YouTube-<http://www.youtube.com/user/LinedanceInTheStrand>

Last Update - 26th April 2014