

Cut You Out

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Kim Liebsch (DK) - February 2016
音樂: Heart Shaped Hole - Simone



Intro: 16 counts after 1st beat (appr. 10 seconds) Start with weight on L foot

#3 Tag/Restarts:

(1) On wall 2 after 28 counts- step ¼ turn, side, touch(12:00)

* 2) On wall 3 after 46 counts- side, rock(12:00)

** 3) on wall 5 after 15 counts- touch(6:00) ***

Ending: Cross L over R, unwind ½ turn to face 12:00

(If video is not available, contact me on e-mail: liebsch@ymail.com

Or Kim Liebsch on facebook)

#1 section □ Side rock, behind side cross, side rock with ¼ turn, shuffle fw. □

1-2 Rock R to R side, recover on L □ 12:00

3&4 Cross R behind L, step L to L side, cross R over L, □ 12:00

5-6 Rock L to L side, recover on R making ¼ turn R □ 3:00

7&8 Step fw. on L, step R next to L, step fw. on L □ 3:00

#2 section □ ½ turn touch, step fw. kick, coaster step, step ¼ turn □

1-2 Make ½ turn L stepping back on R, touch L next to R □ 9:00

3-4 Step fw. on L, kick R fw. □ 9:00

5&6 Step back on R, step L next to R, step fw. on R □ 9:00

7-8 Step fw. on L ***, make ¼ turn R stepping R to R side □ 12:00

#3 section □ Cross side, behind side cross, recover side, cross shuffle □

1-2 Cross L over R, step R to R side □ 12:00

3&4 Cross L behind R, step R to R side, cross L over R □ 12:00

5-6 Recover on R, step L to L side □ 12:00

7&8 Cross R over L, step L to L side, cross R over L □ 12:00

#4 section □ Side rock with ¼ turn, touch ball step, rocking chair □

1-2 Rock L to L side, recover on R making ¼ turn R □ 3:00

3&4 Touch L next to R, step down on L, step fw. on R * □ 3:00

5-6 Rock fw. on L, recover on R □ 3:00

7-8 Rock back on L, recover on R □ 3:00

#5 section □ Step ¼ turn, cross shuffle, 2 X ¼ turn, hold ball side □

1-2 Step fw. on L, make ¼ turn R stepping R to R side □ 6:00

3&4 Cross L over R, step R to R side, cross L over R □ 6:00

5-6 Make ¼ turn L stepping back on R, make ¼ turn L stepping L to L side □ 12:00

7&8 Hold, step R next to L, step L to L side □ 12:00

#6 section □ Cross rock, side hold, ball side cross, ¼ turn touch □

1-2 Cross R over L, recover on L □ 12:00

3-4 Step R to R side, hold □ 12:00

&5-6 Step L next to R, step R to R side, cross L over R ** □ 12:00

7-8 Make ¼ turn L stepping back on R, touch L next to R □ 9:00

#7 section □ Step ¼ turn, sailor step, cross hitch ¼ turn, mambo fw. □

- 1-2 Step fw. on L, make ¼ turn R putting weight on R □ 12:00
- 3&4 Cross L behind R, step R to R side, step L to L side □ 12:00
- 5-6 Cross R over L, make ¼ turn R while hitching L □ 3:00
- 7&8 Rock fw. on L, recover on R, step L slightly back □ 3:00

#8 section □ Step fw. behind side cross, recover side, cross recover side □

- 1-2 Step fw. on R, make ¼ turn L stepping L to L side □ 6:00
- 3&4 Cross R behind L, step L to L side, cross R over L □ 6:00
- 5-6 Recover on L, step R to R side □ 6:00
- 7&8 Cross L over R, recover on R, step L to L side □ 6:00

GOOD LUCK & N'JOY!
