

Steppin' Out

COPPER KNOB
STEPPING SHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Eddie Huffman (USA) & FSS Tuesday 10:25 Beginner Class - February 2016
音樂: Night & Day - Pearl Charles : (amazon)



Alternative music: Five O' Clock World by The Vogues

Start on the lyrics

STEP TO SIDE, SHUFFLE FORWARD, SWAY FORWARD, HIP BUMPS

1-2 3&4 Step right to side, step left together, shuffle forward right, left, right
5-6 Step left forward, sway hip left hip forward, sway right hip back
7&8 Step left to side, bump hips left, right, left (weight on left)

¼ PIVOT LEFT TWICE, JAZZ BOX

1-4 Step right forward, pivot ¼ left, step right forward, pivot ¼ left (6:00)
5-8 Cross right over left, step left back, step right to side, step left together

RIGHT LOCK, RIGHT LOCK STEP TO DIAGONAL, LEFT LOCK, LEFT LOCK STEP TO DIAGONAL

1-2 Step right to right diagonal, lock left behind right
3&4 Step right to right diagonal, lock left behind right, step right to right diagonal
5-6 Step left to left diagonal, lock right behind left
7&8 Step left to left diagonal, lock right behind left, step left to left diagonal

WALK WALK, OUT-OUT-IN-IN, RIGHT KICK BALL CROSS TWICE

1-2 Walk right, left
&3&4 Step out right, step out left, step in right, step in left
5&6 Kick right forward, step on ball of right, cross left over right
7&8 Repeat 5&6

REPEAT

Restart on wall 3 after first 8 counts, only when using song Night & Day

Last Update - 26th Feb. 2016