

# Ship Out

拍數: 48                      牆數: 2                      級數: Intermediate  
編舞者: Mariane Zoghbi & Maria Jesús Osuna (ES) - July 2016  
音樂: This Ain't the 60's - Coley McCabe



Serie : intro 16 – 48 – 48 – 44 restart – 48 -48 – restart last 16 – final 5

## [1-8] KICK – HOOK – KICK – ½ TURN R with TOE STRUT ( x2 ) – ROCK BACK – STOMP UP – STOMP FWD – SWIVELS

- 1&                      Kick right forward , hook right over left
- 2&                      Kick right forward , toe touch right back
- 3&4                    ½ turn right and drop right heel taking weight , toe touch left forward , ½ turn right and drop right heel taking weight
- 5&                      Step right back , recover on left
- 6&                      Stomp up right beside left , stomp right forward
- 7&8&                    Weight on the balls of both feet : both heels to the right , return to center , both heels to the right , return to center

## [9-16] ROCK FWD – ½ TURN L with TOE STRUT ( X2 ) – STEP ¼ TURN L – JUMPING CROSS – BACK & KICK – LONG STEP FWD – SLIDE – STOMP UP

- 1&2                    Step left forward , recover on right
- 3&4&                    Toe touch left back , ½ turn left and drop left heel taking weight , toe touch right forward , ½ turn left and drop right heel taking weight 4 ¼ turn left stepping left to the left side ( 09.00 )
- 5&6                    Cross right over left , recover on left and kick right forward ( 5& with slight jump ) , long step right forward
- 7-8                    Slide back left beside right , stomp up right in place

## [17-24] POINT BACK – ½ TURN R – ROCK CROSS – TOGETHER – GRAPEVINE ¼ TURN R – PIGEON TOED MOVIMENT ending HOOK

- 1-2                    Toe touch right back , ½ turn right ( 03.00 )
- 3&4                    Cross left over right , recover on right , step left beside right
- 5&6                    Step right to the right side , cross left behind right , ¼ turn right and step right forward , step left beside right ( 06.00 )
- 7&8                    Right travelling : open toes ( weight on heels ) , close toes and open heels ( weight on left heel right toe ) , open toes and close heels ( weight on left toe and right heel ) , hook left behind right

## [25-32] SIDE – FULL TURN SIDE – SIDE – FULL TURN BACK – LONG STEP FWD – TOGETHER

- 1-2                    Step left to the left side , ½ turn right stepping right to the right side
- 3-4                    ½ turn right stepping left to the left side , step right to the right side
- 5-6                    ½ turn left stepping right forward , ½ turn left stepping right back
- 7-8                    Long step left forward , right beside left

## [33-40] TRAVELLING SWIVELS & HOLD ( R-L ) – CROSS – STEP BACK - ½ TURN R – LONG STEP FWD ( L ) – TOGETHER

- 1&2&                    Right travelling : both heels to the right side , both toes to the right side , both heels to the right side , hold
- 3&4&                    Left travelling : both heels to the left side , both toes to the left side , both heels to the left side , hold
- 5&6                    Cross right over left , step left back , ½ turn right stepping right forward ( 12.00 )
- 7-8                    Long step left forward , right beside left

## [41-48] ½ TURN LEFT with TOE STRUT ( x 3 ) – STOMP – HEEL SWITCHES – LONG STEP FWD ( L ) – STOMP UP

- 1&2&            ½ turn left and toe touch left forward , drop left heel taking weight , ½ turn left and toe touch right back , drop right heel taking weight
- 3&4                ½ turn left and toe touch left forward , drop left heel taking weight , stomp right beside left ( 06.00 )
- \* During wall 3 dance up to count 44**
- 5&6&            Touch left heel forward , left beside right . touch right heel forward , right beside left
- 7-8                Long step left forward . stomp up right beside left

## **REPEAT**

### **RESTARTS:-**

- \*1. During wall 3 dance up to count 44 and begin again ( facing at 06.00 )**
- \*\*2. During wall 6 ( the last one ) dance up from count 33 to 48 ( facing at 06.00 )**

### **FINAL**

**Performed the 2nd Restart , to finish at 12.00 add:**

**[1-5] WALK BACK ( R – L ) – ½ TURN R & STEP – STEP FWD- TOE TOUCH BACK & COWGIRL SALUTE**

- 1-2                Step right back , step left back
- 3-4                ½ turn right stepping right forward , step left forward
- 5                  Toe touch right back and salute ( tipping down the head and catch with two fingers the hat brim )

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