

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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