

Step Out & Shine

拍數: 32 牆數: 2 級數: High Beginner
編舞者: Cathy Dacumos (USA) & Claudio Dacumos (USA) - January 2017
音樂: Rise & Shine - Si Cranstoun : (Album: Rise & Shine - Amazon)



Intro: 24 quick counts, immediately after the alarm clock - Starts with weight on left foot

Section 1: Right side toe strut, crossing toe strut, side rock, recover, cross step, repeat with left foot

- 1&2& Touch right toe to right side, step right heel down, touch left toe across in front of right foot, step left heel down
- 3&4 Rock right foot to right side, recover onto left foot, step right foot across in front of left foot
- 5&6& Touch left toe to left side, step left heel down, touch right toe across in front of left foot, step right heel down
- 7&8 Rock left foot to left side, recover onto right foot, step left foot across in front of right foot

Section 2: Turning K step, back, kick x2, back rock, recover, run, run

- 1&2& Step right foot forward to right diagonal, touch left foot next to right, step left foot back to center, touch right foot next to left
- 3&4& Turn ¼ right stepping right foot to right side, touch left foot next to right, step left foot to left side, touch right foot next to left
- 5&6& Step back on right foot, kick left foot forward, step back on left foot, kick right foot forward
- 7&8& Rock back on right foot, recover onto left foot, run forward 2 steps, right & left

Section 3: Right lock step forward, left lock step forward, step ½ turn, step, step, ½ turn, step

- 1&2 Step right foot forward to slight right diagonal, cross left foot behind right, step right foot forward to right diagonal
- 3&4 Step left foot forward to slight left diagonal, cross right foot behind left, step left foot forward to left diagonal
- 5&6 Step right foot forward, turn ½ left, changing weight to left foot, step right foot forward
- 7&8 Step left foot forward, turn ½ right, changing weight to right, step left foot forward

Section 4: Slow turning jazz box, kick to side, weave behind, side, cross x 2

- 1 2 3 4 Cross right foot in front of left, step back on left, turn ¼ right stepping on right foot, cross left foot in front of right
- 5&6& Kick right foot to right diagonal, step right foot behind left, step left foot to left side, cross right foot in front of left
- 7&8& Kick left foot to left diagonal, step left foot behind right, step right foot to right side, cross left foot in front of right

There is an 8 count Tag done at the end of walls 2, 4, & 6 (Every time you come back to the front wall)

TAG: □ Monterey ½ turn x 2, slow forward rock, recover, fast back rock, recover, run run

- 1&2& Point right foot to right side, turn ½ right changing weigh to right foot, point left foot to left side, step left foot next to right foot
- 3&4& Repeat counts 1&2&

Easier option: replace Monterey turns with side point, step together 4 times (R,L,R,L)

- 5 6 Rock forward onto right foot, recover back onto left foot
- 7&8& Rock back onto right foot, recover onto left foot, run forward 2 steps, right & left, at slight right diagonal

Ending: The music will end during wall 8. As it is ending, you will be in section 3. Do the right lock steps, then replace the left lock steps and instead step forward on left, turn ¼ right, changing weight to right, then cross left in front

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