

Spinout

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Adriano Castagnoli (IT) - August 2017
音樂: That's Faith - Lisa McHugh : (Album: #Country)



[S1] RIGHT SIDE, STOMP UP, LEFT SIDE, SCUFF, LOCK FORWARD, STOMP UP

1-2 Step Right To Right Side, Stomp Up Left Beside Right
3-4 Step Left To Left Side, Scuff Right Beside Left
5-6 Step Right Forward, Lock Left Behind Right
7-8 Step Right Forward, Stomp Up Left Beside Right

[S2] KICK, CROSS, 2 KICKS, ROCK BACK LEFT, STOMP RIGHT (TWICE)

1-2 Kick Left Forward, Hook Left Over Right
3-4 Kick Left Forward (Twice)
5-6 Jumping Rock Back On Left And Kick Right Forward, Return Onto Right
7-8 Stomp Up Left Beside Right, Stomp Left Forward

[S3] SCISSOR RIGHT, HOLD, TURN 1/4 RIGHT AND COASTER STEP LEFT, SCUFF

1-2 Step Right Diagonally Back To Right, Step Left Beside Right
3-4 Cross Right Over Left, Hold
5-6 Turn 1/4 Right And Step Left Back, Step Right Beside Left (03:00)
7-8 Step Left Forward, Scuff Right Beside Left

[S4] WEAVE RIGHT, TURN 1/4 LEFT AND STEP BACK, TOGETHER, 2 STOMP RIGHT

1-2 Step Right To Right Side, Cross Left Behind Right
3-4 Step Right Diagonally Back To Right, Cross Left Over Right
5-6 Turn 1/4 Left And Step Right Back, Step Left Beside Right (12:00)
7-8 Stomp Up Right Beside Left, Stomp Right Forward

[S5] HEEL SWIVELS (TWICE), POINT RIGHT, BACK, KICK LEFT, HOOK

1-2 Swivel Both Heels To Right Side, Return Both Heels To Centre
3-4 Repeat 1-2
5-6 Point Right Toe To Right Side, Step Right Back (Weight On it)
7-8 Kick Left Forward, Hook Left Over Right

[S6] LOCK FORWARD LEFT, SCUFF, PIVOT 1/2 LEFT (TWICE)

1-2 Step Left Forward, Lock Right Behind Left
3-4 Step Left Forward, Scuff Right Beside Left
5-6 Step Right Forward, Pivot 1/2 Turn Left (06:00)
7-8 Repeat 5-6 (12:00)

[S7] GRAPEVINE RIGHT, POINT LEFT, TURN 1/4 LEFT AND HEEL STRUT LEFT, TOUCH TOE RIGHT (TWICE)

1-2 Step Right To Right Side, Cross Left Behind Right
3-4 Step Right To Right Side, Point Left Toe To Left Side
5-6 Turn 1/4 Left And Touch Left Heel Forward, Drop Toe Taking Weight (09:00)
7-8 Touch Right Toe Behind Left (Twice)

[S8] POINT RIGHT, TURN 3/4 RIGHT, HOLD, ROCK BACK RIGHT, 2 STOMP RIGHT

1-2 Point Right Toe To Right Side, Turn 1/4 Right And Drop Heel Taking Weight (12:00)
3-4 Turn 1/2 Right On Right Heel And Step Left Back, Hold (06:00)
5-6 Jumping Rock Back On Right And Kick Left Forward, Return Onto Left

7-8 Stomp Right Beside Left (Twice)

REPEAT

TAG: after 2nd and 7th repetition

(Version easy)

HOOK COMBINATION (RIGHT, LEFT)

1-2 Kick Right Forward, Hook Right Over Left
3-4 Kick Right Forward, Step Right Beside Left (Weight On It)
5-6 Kick Left Forward, Hook Left Over Right
7-8 Kick Left Forward, Step Left Beside Right (Weight On It)

(Version difficult)

KICK, FULL TURN WITH JAZZ BOX, CROSS, ROCK BACK RIGHT, STOMP UP

1-2 Kick Right Forward, Turn 1/4 Left And Cross Right Over Left (09:00)
3-4 Turn 1/4 Left And Kick Right Forward (06:00), Turn 1/4 Left And Kick Left Forward (03:00)
5-6 Turn 1/4 Left And Cross Left Over Right, Rock Back On Right (12:00)
7-8 Return Onto Left, Stomp Up Right Beside Left

RESTART: after 6th sequence (48 count) of the 5th repetition
