

Out of Jail

拍數: 64 牆數: 2 級數: Beginner
編舞者: Mercè ORRIOLS (ES) - September 2018
音樂: Jail - Tara Thompson : (CD: Someone To Take Your Place - 2016)



“Workshop V Salardú Country Rock Festival 2018”

Sect. 1 – HEEL, TOE, HEEL, TOE, RIGHT JAZZBOX

1-2 Right heel diagonally forward, right toe together (instep)
3-4 Right heel diagonally forward, right toe together (instep) (optional hold)
5-6 Cross right over, step left diagonally back
7-8 Step right side, step left slightly forward

Sect. 2 – TOE STRUT ½ TURN LEFT (X2), RIGHT ROCK FORWARD, STEPS BACK

1-2 Right toe forward, turn ½ left and drop right heel (6:00)
3-4 Left toe back, turn ½ left and drop left heel (12:00)
5-6 Rock right forward, recover to left
7-8 Step right back, step left back

Sect. 3 – TOE STRUT ½ TURN RIGHT, STEP ½ TURN RIGHT, ROCK LEFT SIDE, CROSS, HOLD

1-2 Right toe back, turn ½ right and drop right heel
3-4 Step left forward, turn ½ right (12:00)
5-6 Rock left side, recover to right
7-8 Cross left over right, hold

Sect. 4 – RIGHT WEAVE, SIDE ROCK, TOGETHER, HOLD

1-2 Step right side, cross left behind
3-4 Step right side, cross left over
5-6 Rock right side, recover to left
7-8 Step right together, hold

* Restart here on wall 3 (12.00)

Sect. 5 – HEEL SWITCHES, POINT, ¼ TURN LEFT & HOOK, STEP, LOCK, STEP, SCUFF

1&2& Left heel forward, step left together, right heel forward, step right together
3-4 Left toe side, turn ¼ left and hook left over right (9:00)
5-6 Step left forward, lock right behind
7-8 Step left forward, scuff right forward

Sect. 6 – RIGHT MAMBO FORWARD, HOLD, LEFT SAILOR STEP WITH ¼ TURN LEFT, HOLD

1-2 Rock right forward, recover to left
3-4 Step right back, hold
5-6 Cross left behind right, turn ¼ left and step right side (6:00)
7-8 Step left slightly forward, hold

Sect. 7 – RIGHT VAUDEVILLE & HOOK, ½ RUMBA BOX FORWARD

1-2 Cross right over left, step left back
3-4 Right heel forward, hook right behind
5-6 Step right side, step left together
7-8 Step right forward, scuff left forward

Sect. 8 – LEFT VAUDEVILLE & HOOK, ½ RUMBA BOX BACKWARD

1-2 Cross left over right, step right back
3-4 Left heel forward, hook left behind

5-6 Step left side, step right together
7-8 Step left back, touch right together

START AGAIN

Restart: On the 3rd wall, dance 32 counts and start again (12:00)
