

Steppin Out

拍數: 48 牆數: 2 級數: High Beginner
編舞者: Sandy Carty Hodges (USA) - November 2018
音樂: Steppin' Out - Scooter Lee



SET 1...Walk,Walk,Triple:

1,2,3&4: walk right, walk left, triple right,left,right
5,6,7&8: walk left, walk right, triple left,right,left

SET 2...Syncopated Jumping Jack Steps,Claps

&1&2&3&4: Jump out-out, (rt foot 1st) in in, out-out, clap-clap.
&5&6&7&8: Jump in in, out-out, in in, clap-clap.

SET 3...Diagonal Hip Bumps,Rocking Chair:

1&2,3&4: Step right diagonally and bump hips R-L-R, step left diagonal and bump hips L-R-L
5-8: Rock forward on right foot, rock back on left foot, rock behind on right foot, rock forward on left foot.

SET 4...Vine right, Vine left with a ¼ turn left

1-4: Step right foot to right, step left foot behind right, step right foot to right, touch left toe next to right foot. (clap optional)
5-8: Step left foot to left, step right foot behind left foot, step left foot to left side,1/4 turn left and touch right toe next to left foot.(clap optional)

SET 5...Repeat Steps 3: Diagonal Hip Bumps, Rocking Chair

1&2,3&4: Step right diagonal and bump hips R-L-R, step left diagonal and bump hips L-R-L
5-8: Rock forward on right foot, rock back on left foot, rock behind on right foot, rock forward on left foot.

SET 6: Repeat Steps 4: Vine Right, Vine Left with a 1/4 turn left.

1-4: Step right foot to right, step left foot behind right foot, step right foot to right and touch left toe next to right foot.
5-8: Step left foot to left, step right foot behind left foot, step left foot to left making 1/4 to left and touch right toe next to left foot.

End Of Dance.

*Front walls and back walls will be repeated 3 times each before ending on the front wall to repeat hip bumps and rocking chair once then hip bumps to the end of the song.

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