

Outta My System

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Low Intermediate
編舞者: Rob Holley (USA) - June 2019
音樂: Outta My System - BROWN & GRAY : (EP: Salt In The Coffee - iTunes)



Intro: 16 (start on vocals)

[1-8] SUGARFOOT w/FLICK, BEHIND SIDE CROSS, TOUCH OUT/IN/FLICK, BEHIND SIDE CROSS

- 1&2 Touch R toe next to L (1), turn R toe out & touch R heel next to L (&), point/kick R toe diagonally fwd R (2)
3&4 Step R behind L (3), step L to L side (&), cross R over L (4)
5&6 Touch L toe to L side (5), touch L toe next to R (&), point/kick L toe slightly diagonally forward L (6)
7&8 Step L behind R (7), step R to R side (&), cross L over R (8)

[9-16] SYNCOPATED LOCK STEPS, KICK BALL POINT, TOE POINT SWITCHES R/L w/FLICK

- 1&2& Step R forward (1), step/slide L behind R (&), step R forward (2), step L forward (&)
3& Step/slide R behind L (3), step L forward (&)
4&5 Kick R forward (4), step R ball next to L (&), point L toe to L side (5)
&6 Step L ball next to R (&), point R toe to R side (6)
&7 Step R ball next to L (&), point L toe out to L side (7)
&8 Bend knee & bring or flick L foot behind L thigh (&), point L toe to L side (8)

[17-24] BEHIND SIDE CROSS, SWAY RIGHT/LEFT, BEHIND SIDE CROSS, SWAY LEFT/RIGHT

- 1&2 Step L behind R (1), step R to R side (&), cross L over R (2)
3-4 Rock & sway R hips to R side (3), recover weigh & sway on L (4)
5&6 Step R behind L (5), step L to L side (&), cross R over L (6)
7-8 Rock & sway L hips to L side (7), recover weight & sway on R (8)

[25-32] ¼ TURN SAILOR, SWAY FORWARD/BACK, ½ TURN SHUFFLE, ½ CHASE TURN

- 1&2 Turn ¼ L & step L back (1), step R next to L (&), step L forward (2) (9:00)
3-4 Rock & sway R hips forward (3), recover weight & sway on L (4)
5&6 Turn ½ R & step R forward (5), step L next to R (&), step R forward (6) (3:00)
7&8 Step L forward (7), turn ½ R weight on R (&), step L forward (8) (9:00)

[33-40] KNEE POP (2X), SYNCOPATED ROCKING CHAIR, WALK (2X), OUT-OUT-IN-CROSS

- 1-2 Step R forward & pop L knee (1), step L forward & pop R knee (2)
3&4& Rock R forward (3), recover weight on L (&), rock R back (4), recover weight on L (&)
5-6 Step R forward (5), step L forward (6)
7&8& Step R out to R side (7), step L out to L side (&), step R in (8), cross L over R (&)

[41-48] SIDE, TOGETHER, SYNCOPATED SIDE TOGETHER (2X), CROSS, SIDE, CROSS, SIDE, CROSS, ¼ TURN LEFT

- 1-2 Step R to R side (1), step L next to R (2)
3&4& Step R to R side (3), step L next to R (&), step R to R side (4), step L next to R (&)
5-6 Cross R over L (5), step L to L side (6)
7&8& Cross R over L (7), step L to L side (&), cross R over L (8), turn ¼ L and step L forward (&) (12:00)

[49-56] HIPS ROLL RIGHT/LEFT, STEP BACK, TOUCH, STEP BACK, TOUCH

- 1-2 Step R slightly to R side (1), roll hips to R (weight to R) (2)
3-4 Step L slightly to L side (3), roll hips to L (weight to L) (4)
5-6 Long step R back (5), touch L next to R (6)

7-8 Long step back L (7), touch R next to L (8)

[57-64] KNEE POP (2X), ROCKING CHAIR, WALK (2X), OUT-OUT-IN-CROSS

1-2 Step R forward & pop L knee (1), step L forward & pop R knee (2)

3&4& Rock R forward (3), recover weight on L (&), rock R back (4), recover weight on L (&)

5-6 Step R forward (5), step L forward (6)

7&8& Step R out to R side (7), step L out to L side (&), step R in (8), cross L over R (&)

***TAG: After wall 1 while facing 6:00**

[1-8] SIDE STEP, TOUCH w/SNAP (4X)

1-2 Step R to R side (1), touch L next to R & snap R fingers (2)

3-4 Step L to L side (3), touch R next to L & snap L fingers (4)

5-6 Step R to R side (5), touch L next to R & snap R fingers (6)

7-8 Step L to L side (7), touch R next to L & snap L fingers (8)

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