

Outskirts

拍數: 32 牆數: 4 級數: Improver
編舞者: Matthew Pendleton (USA) - January 2020
音樂: Outskirts - Montgomery Gentry



[1-8] SIDE, BEHIND & CROSS & CROSS, ROCK, REPLACE, BEHIND, STEP ¼ TURN

1,2&3 Step side Right, cross Left behind Right, step side Right, cross Left over Right
&4,5,6 Step side Right, cross Left over Right, rock side Right, replace weight on Left
7&8 Cross Right behind Left, turn ¼ left stepping forward Left, step forward R - 9:00

[9-16] HEEL, STEP, HEEL, STEP, ¼ Pivot, HEEL, STEP, HEEL, STEP, TOUCH HEEL TWIST

1&2& Touch Left heel forward, step Left next to Right, touch Right heel forward, Step Right next to Left
3,4 Step forward on Left, Pivot ¼ Turn Right
5&6& Touch Left heel forward, step Left next to Right, touch Right heel forward, Step Right next to Left
7&8 Touch Left forward, Twist both heels to Left, Bring both heels home

[17-24] ROCK, RECOVER, COASTER STEP, LEFT HIP BUMPS, RIGHT HIP BUMPS

&1-2 Step Left next to Right, Rock forward onto Right, Recover Left
3&4 Step back onto Right, Step Left next to Right, Step forward onto Right
5&6 Step forward onto Left bumping hips Left, Right, Left
7&8 Step forward onto Right bumping hips Right, Left, Right

***On the 7th rotation touch Right next to Left on count 8 and restart your dance**

[25-32] FORWARD ROCK, RECOVER, ½ SHUFFLE, JAZZ BOX ¼ TURN

1-2 Rock forward on Left, Recover Right
3&4 Making a ½ turn over your Left shuffle forward Left, Right, Left
5,6,7,8 Cross Right Over Left, Step back onto Left, Step Right to side making ¼ turn right, Cross Left over Right

REPEAT

**** On the 7th rotation dance up to count 24 and restart the dance again****