

Out The Cage

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Phrased Intermediate / Advanced
編舞者: Patrizia Menga (IT) - May 2021
音樂: Out the Cage (feat. Breland & Nile Rodgers) - Keith Urban



Sequence : A, B, A, Tag 1 (12 count), A, B, A, Tag 1 (16 count), Tag 2 (16 count) A, A, Tag 1 (9 count).

Part A (32 count)

A1 sequence : (6 :00) : HELL RIGHT TURN SIDE RIGHT, MAMBO STEP LEFT SIDE RIGHT, STEP LEFT SIDE LEFT, STEP TURN RIGHT ½ (12:00), STEP TURN LEFT ½ (6:00), STOMP RIGHT.

1&2 (6:00) : touch hell right and turn 1/4 side right (9:00).
3&4 mambo step left cross side right, recover right,
5&6 (9:00) : Step left side left, step turn right ½ (12:00).
7&8 (12 :00) step turn left ½ (6: 00), STOMP RIGHT.

A2 sequence : KICK RIGHT, JUMP, PUT RIGHT TIP ON THE GROUND, CROSS LEFT BEHIND RIGHT, PUT LEFT TIP ON THE GROUND, KICK RIGHT FORWARD, OPEN RIGHT SIDE RIGHT AND SUPPORT ON THE GROUND, KICK LEFT FORWARD, KICK LEFT BACK, KICK LEFT FORWARD, KICK LEFT BACK TURN JUMP ½ (12:00), CLOSE RIGHT IN HOOK.

1&2 (6:00) : kick right forward, jump and put right tip on the ground hook left.
3&4 (6:00) cross left behind right, put left tip on the ground kick right forward, open right side right.
5&6 (6:00) : kick left forward jump, kick left back jump,.
7&8 (6:00) kick left forward jump, kick left back jump turn ½ (12:00) and close, hook right.

A3 sequence : JUMP RIGHT SIDE RIGHT, JUMP LEFT SIDE LEFT, SCISSOR CROSS RIGHT, SCISSOR CROSS LEFT.

1&2 jump right side right, hook left near right.
3&4 jump left side left, hook right near left.
5&6 Step right side right, cross right forward left.
7&8 Step left side left, cross left forward right.

A4 sequence : STEP FORWARD RIGHT, GO UP THE RIGHT HALF POINT, WITH THE LEFT KNEE GO TO THE RIGHT, LEFT AND GO DOWN., ROCK RIGHT BACK, RECOVER LEFT, KICK RIGHT, STOMP RIGHT

1&2 Step forward right, go up right half point with left knee up go right side.
3&4 with left knee up go left side, go down.
5&6 rock right back, recover left,
7&8 kick right forward, STOMP RIGHT.

Part B (32 count)

B1 sequence :STEP RIGHT SIDE RIGHT (2 count) CROSS HEEL LEFT FORWARD RIGHT (2 count), STEP LEFT SIDE LEFT (2 count), CROSS HEEL RIGHT FORWARD LEFT (2 count) .

1&2 Step right side right (2 count)
3&4 cross heel left forward right (2 count).
5&6 Step left side left (2 count).
7&8 cross heel right forward left (2 count)

B2 sequence : STEP RIGHT SIDE RIGHT (2 count), CROSS LEFT BACK RIGHT, (2 count), STEP LEFT SIDE LEFT (2 count) CROSS RIGHT BACK LEFT.

1&2 Step right side right (2 count).
3&4 cross left back right (2 count).
5&6 Step left side left (2 count)
7&8 cross right back left (2 count).

B3 sequence : STOMP RIGHT (2 count), STOMP LEFT (2 count), DROWNING HALF CIRCLE RIGHT KNEE (2 count), DROWNING HALF CIRCLE LEFT KNEE (2 count).

- 1&2 stomp right (2 count).
- 3&4 stomp left (2 count).
- 5&6 drowning half circle with knee right (2 count).
- 7&8 drowning half circle with knee left (2 count).

B4 sequence : SWIVEL HEEL LEFT, POINT, RETURN, POINT, HEEL RIGHT, UP POINT, UP HEEL.

- 1&2 swivel heel side left, swivel point side left.
- 3&4 return swivel point side right, swivel heel side right.
- 5&6 up point right together left, (2 count).
- 7&8 up heel right together left (2 count).

Tag 1 (12 count).

#1 sequence :STEP RIGHT SIDE RIGHT, (, 2 count), CROSS HEEL LEFT FORWARD RIGHT (2 count), STEP LEFT SIDE LEFT (2 count), CROSS HEEL RIGHT FORWARD LEFT (2 count)

- 1&2 Step right side right (2 count).
- 3&4 cross heel left forward right (2 count).
- 5&6 Step left side left (2 count).
- 7&8 cross heel right forward left.

#2 sequence (4 count), STOMP RIGHT (2 count), STOMP LEFT (2 count).

- 1&2 stomp right (2 count).
- 3&4 stomp left (2 count).

Tag 1 (16 count) all the same you add two stomp right (2 count), left (2 count).

Tag 1 (9 count), all the same 1 sequence piu only stomp right.

Tag 2 (16 count).

\$1 sequence : HAND RIGHT Shoulder LEFT, HAND LEFT SHOULDER RIGHT, HAND RIGHT SHOULDER RIGHT, HAND LEFT SHOULDER LEFT. ARMS UP, ARMS DOWN, DOUBLE BANS RIGHT, DOUBLE BANS LEFT.

- 1&2 cross hand up shoulder, hand right shoulder left, hand left shoulder right, hand right shoulder right, hand left shoulder left.
- 3&4 arms up, arms down.
- 5&6 double bans right.
- 7&8 double bans left.

\$2 sequence : SHUFFLE RIGHT, SHUFFLE LEFT, STEP FORWARD RIGHT TURN ½ (6:00) STEP RIGHT FORWARD, TURN ½ CLOSE LEFT.

- 1&2 diagonal step right, step left near right, diagonal step right.
- 3&4 diagonal step left, step right near left, diagonal step left.
- 5&6 (12:00) : Step forward right turn ½ (6:00)
- 7&8 (6:00) : Step forward right turn ½, step left close near right.

Repeat all.
