

Banister

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Mercè ORRIOLS (ES) - October 2021
音樂: Out of Her Mind - Will Banister



Start with the lyrics (38 counts)

Sect. 1 - R SHUFFLE FORWARD, L ROCK FWD, L SHUFFLE BACK, R ROCK BACK

1&2 Right shuffle forward
3-4 Left rock forward, recover on right
5&6 Left shuffle back
7-8 Rock right back, recover to left

Sect. 2 - STEP R, TURN ¼ LEFT, STOMP (R&L), R HEEL, TOGETHER, L HEEL, L HOOK

1-2 Step right forward, turn ¼ left (weight on left) (9:00)
3-4 Stomp right, stomp left together
5-6 Right heel forward, step right together
7-8 Left heel forward, hook left behind

Sect. 3 - L CHASSÉ, R ROCK BACK, R STEP ½ TURN LEFT (X2)

1&2 Step left side, step right together, step left side
3-4 Rock right back, recover on left
5-6 Step right forward, turn ½ left (3:00)
7-8 Step right forward, turn ½ left (9:00)

Sect. 4 - R GRAPEVINE and cross, R ROCK ¼ TURN R, ¼ TURN R & STEP R, L STOMP

1-2 Step right side, cross left behind
3-4 Step right side, cross left over
5-6 Turn ¼ right and rock right forward, recover on left
7-8 Turn ¼ right and step right, stomp left together (3:00)

***Add the tag on the 2nd wall and then restart**

Sect. 5 - KICK R & L, SCOOT BACK on L, R ROCK BACK, STOMP (R & L)

1&2 Kick right forward, step right and kick left forward
&3-4 Hook right behind scoot back on left twice
5-6 Rock right back, recover on left
7-8 Stomp right together, stomp left together

Sect. 6 - R JAZZ BOX & CROSS, R SIDE ROCK, R STOMP, HOLD

1-2 Cross right over left, step left diagonally back
3-4 Step right side, cross left over
5-6 Rock right side, recover on left
7-8 Stomp right together, hold

***Restart here on the 6th wall (6:00)**

Sect. 7 - R KICK DIAGONALLY (X2), L SCOOT DIAG. BACK ON R, L ROCK BACK, L STOMP, R SCUFF (This section facing 4:30)

1-2 Kick right diagonally forward twice (optional jump on left)
3-4 Cross right over and scoot diagonally back on right twice (hook left)
5-6 Rock left diagonally back (kick right forward), recover on right
7-8 Stomp left forward, scuff right forward

Sect. 8 - RIGHT K - STEP

- 1-2 Step right diagonally forward, stomp up left together
- 3-4 Step left diagonally back, stomp up right together
- 5-6 Step right diagonally back, stomp up left together
- 7-8 Step left diagonally forward, scuff right forward

Start again

RESTARTS -

***2nd wall - Dance 32 counts + tag + restart (6:00)**

***6th wall - Dance 48 counts + restart (6:00)**

TAGS (6 counts)

On the 2nd wall (instrumental), after 4th section (32 counts) (6:00)

At the end of the 4th wall (instrumental) (12:00)

RIGHT & LEFT HEEL SWITCHES, STOMP UP (X2)

- 1-2 Right heel forward, step right together
 - 3-4 Left heel forward, step left together
 - 5-6 Stomp up right twice
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