

Ins and Outs

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Duma Kristina S (INA) - January 2022
音樂: Ins and Outs (Bruno Martini Remix) - Sofia Carson



Intro: 16 counts

S1: Walk RL, Kick step touch, Sailor, ¼ R Sailor

1 2 Step RF forward (1), Step LF forward (2)
3&4 Kick RF forward (3), Step RF next to L (&), Touch LF side (4)
5&6 Step LF behind RF (5), Step RF slightly to R (&), Step LF to Side (6)
7&8 1/4 turn R step RF behind LF (7) 3.00, Step LF next to LF (&), Step RF forward (8)

S2: Forward rock, Recover, ½ shuffle L, Hip bump ½ L, Hip bump

1 2 Rock LF forward (1), Recover on RF (2)
3&4 ¼ turn L stepping LF to L side (3), Step RF next to LF (&), ¼ turn L stepping LF forward (4)
 9.00
5&6 Touch RF forward hip up weight on L (5) hips down (&) Drop RF weight on RF (6)
&7&8 ½ turn L (&) 3.00, touch LF forward, hips up (7), Hips down (&), drop RF weight on LF (8)

S3: Forward rock, Recover, Coaster step, Forward, ¼ Pivot R, Cross shuffle

1 2 Rock RF forward (1), Recover on L (2)
3&4 Step RF back (3), Step LF next to RF (&), Step RF forward (4)
5 6 Step LF forward (5), ¼ turn R weight on R (6) 6.00
7&8 Cross LF over RF (7), Step RF to R side (&) Cross LF over RF (8)

S4: Side rock, Recover, Behind, Side, Cross, ¾ turn L, Walk, Walk, Shuffle

1 2 Rock RF side (1), Recover on L (2)
3&4 Step RF behind LF (3), Step LF to L side (&), Cross RF over LF (4)
5 6 ¼ turn L stepping LF forward (5) 3.00, ¼ turn L stepping RF forward (6), 12.00
7&8 ¼ turn L stepping LF forward (7) 9.00, Step RF next to LF (&), Step LF forward (8)

Tag: End of wall 3 (3.00) & wall 6 (6.00)

V step

1 2 3 4 (out, out, in, in)

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