

Screech Out

拍數: 32 牆數: 2 級數: Beginner
編舞者: Sophie Stevens (UK) - March 2024
音樂: Screech Out - 'Come From Away' Band
或: I'll Tell Me Ma - Shamrock



Alt Track: Tell Me Ma By The Shamrocks (No restart needed)

Note: Also can be danced in Contra Line

#32 Count Intro

SEC 1 Heel, Hold, Ball Heel, Hold, Ball Touch, Hold, Ball Heel, Hold

1-2 Touch right heel forward, hold
&3-4 Step right beside left, touch left heel forward, hold
&5-6 Step left beside right, touch right beside left, hold
&7-8 Step right beside left, touch left heel forward, hold

SEC 2 Heel & Toe Switches, Rocking Chair

&1 Step left beside right, touch right heel forward
&2& Step right beside left, touch left heel forward, step left beside right
3& Touch right beside left, step right beside left
4& Touch left heel forward, step left beside right
5-6 Rock right forward, recover weight onto left
7-8 Rock right back, recover weight onto left

SEC 3 Side Shuffle, Cross Rock, Side Shuffle, Cross Rock

1&2 Step right to right, step left beside right, step right to right
3-4 Cross rock left over right, recover weight onto right
5&6 Step left to left, step right beside left, step left to left
7-8 Cross rock right over left, recover weight onto left

SEC 4 Point & Heel Switches, Walk, Walk, ¼ Stomp, ¼ Stomp

1&2& Point right to right, step right beside left, point left to left, step left beside right
3& Touch right heel forward, step right beside left
4& Touch left heel forward, step left beside right
5-6 Step right forward, step left forward

***Restart Here on Wall 1**

7-8 Turn ¼ right stomp right beside left, turn ¼ right stomp left beside right (6:00)

Ending After 16 counts of Wall 6, Dance the following hitting the slow beats

1-4 Step right to right raising right arm to side ending above head height
5-8 Step left beside right raising left arm to side ending above head height
1-4 Cross arms over head and burst out to both sides
5-6 Place right arm up to right side, place left arm up to left side
7 Cross right over left
8& Place hands on hips, drop head