

Out for One

拍數: 32 牆數: 4 級數: Improver
編舞者: Rhys Williams (UK) - September 2023
音樂: Going out for One (Studio Version) - gearoid mccarthy



Intro: 16 Counts

R SIDE ROCK, RECOVER, L SIDE ROCK, RECOVER, JAZZ BOX WITH TOUCH

1-2& Rock Right to Right side, recover on Left, ball step right next to left
3-4 Rock Left to Left side, recover on Right.
5-6-7-8 Cross Left over Right, step back on Right, step Left to left side, touch Right beside Left.

S2: STEP TOGETHER, ¼ SHUFFLE, ROCK RECOVER, COASTER STEP

1-2 Step Right to Right, Step Left next to Right
3&4 Step Right to turn ¼ Right (3:00), step left next to right, Step Right forward
5-6 Rock forward on Left, recover on Right.
7&8 Step back on Left, step Right next to Left, step forward on Left

S3: KICK BALL POINT, KICK BALL POINT, STEP, HALF TURN, STEP, HALF TURN

1&2 Kick Right forward, step down on ball of Right, point Left to Left side.
3&4 Kick Left forward, step down on ball of Left, point Right to Right side.
5-6 Step forward on Right, pivot ½ turn to Left (9:00).
7-8 Step forward on Right, pivot ½ turn to Left (3:00).

S4: Jazz Box cross, WEAWE AND STOMP

1-2 Cross Right over Left, step back on Left.
3-4 Step Right to Right side, cross Left over Right.
5-6 Step Right to Right side, step Left behind Right.
&7-8 Step Right to side, Cross Left over Right, stomp Right foot up.
