Outshine Me



拍數: 32 編數: 4 級數: Absolute Beginner

編舞者: Emma Olson (USA) - December 2024

音樂: Outshine Me - Colt Ford



No tags or restarts

(1-8) Walk, clap, walk, clap, R press, recover L

1 Walk forward with R foot

2 Clap

3 Walk forward with L foot

4 Clap

5,6 Press the ball of your R foot fwd (5), Recover weight to L leg (6)

7,8 Backwards pony starting w R foot up

(9- 16) Pony backwards w L foot up, pony backwards w R foot up, kick w/ L foot, point R toe down, kick with R foot point L toe down

1,2 Pony backwards with L foot up
3,4 Pony backwards with R foot up
5 Kick with L foot out
6 Point Right toe down

7 Kick with R foot out8 Point L toe down

(17-24) Box step starting w R foot, step out on R, bump R hip, step out on Left, bump L hip

1 Step forward with R foot 2 Step out with L foot 3 Step back with R foot 4 Step back with L foot 5 Step out with R foot 6 Hip bump with R hip 7 Step out with L foot 8 Hip bump with L hip

(25-32) Grapevine to R side, box step while turning 1/4 to right for new wall

1,2,3,4 Grapevine to the R side 1 Step out w R foot

Take L foot and drag behind R foot
Take R foot to drag behind L foot
Take L foot to drag in front of R foot

5 Cross R foot over L foot to start box step while turning 1/4 wall to the R

6 Step back w L foot 7 Step out with R foot

8 Step together with L foot to R foot

(start again with new wall)