

Shout! Shout! (Knock Yourself Out)

COPPER KNOB
BYEPOSTETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mikael Mölsä (FIN) - 15 December 2024
音樂: Shout Shout (Knock Yourself Out) - Ernie Maresca : (Album: Shout! Shout!
(Knock Yourself Out))



Starting point: At about 0:10.

SIDE TOUCHES, SIDE, TOGETHER, SIDE, TOUCH

1-2 Step right to right side, touch left next to right
3-4 Step left to left side, touch right next to left
5-8 Step right to right side, step left next to right, step right to right side, touch left next to right

Note: You can swing your hands to the side while taking the steps. On counts 1-2 you swing your hands right, 3-4 to the left and 5-8 you raise them slowly to your right.

SIDE TOUCHES, SIDE, TOGETHER, SIDE, TOUCH

1-2 Step left to left side, touch right next to left
3-4 Step right to right side, touch left next to right
5-8 Step left to left side, step right next to left, step left to left side, touch right next to left

Note: You can swing your hands to the side while taking the steps. On counts 1-2 you swing your hands left, 3-4 to the right and 5-8 you raise them slowly to your left.

1/4 RIGHT TURNING TOE STRUT JAZZBOX

1-2 Touch right across left, step weight to right
3-4 Touch left back, step weight to left
5-6 Turn 1/4 to right and touch right forward, step weight to right
7-8 Touch left next to right, step weight to left

TWIST TO LEFT WITH HOLDS, TWIST LEFT, TOE TOUCH

1-2 Twist both heels to left, hold
3-4 Twist both toes to left, hold
5-6 Twist heels to left, twist toes to left
7-8 Twist heels to left, touch right next to left (weight ends up on left)

REPEAT