

Let's Shout (Baby Work Out)

COPPER KNOB
BY SHEETS

拍數: 56 牆數: 2 級數: Intermediate
編舞者: Yvonne Anderson (SCO)
音樂: Let's Shout (Baby Work Out) - Colin James



RIGHT SIDE SHUFFLE, CROSS, FULL UNWIND, LEFT SIDE SHUFFLE, CROSS, FULL UNWIND

1&2 Step right to right, step left beside right, step right to right
3-4 Step left across right, unwind full turn right transferring weight to right (12:00)
5&6 Step left to left, step right beside left, step left to left
7-8 Step right across left, unwind full turn left transferring weight to left (12:00)

¼ TURN LEFT, ½ TURN LEFT, FORWARD RIGHT SHUFFLE, SYNCOPATED DIAGONAL TOE TOUCHES LEFT & RIGHT

1-2 Make ¼ left stepping right back, make ½ turn left stepping left forward (3:00)
3&4 Shuffle forward stepping right, left, right
5-6 Touch left toes forward to right diagonal twice
&7-8 Step left beside right, touch right toes forward to left diagonal twice

Styling: counts 5-8 spread hands out to sides, elbows close to body, shrug shoulders

OUT-OUT, HOLD, BACK-CROSS TOUCH, HOLD, HOP FORWARD, SYNCOPATED MONTEREY, SIDE SHUFFLE

&1-2 Step right back to right diagonal, step left back to left diagonal, hold and snap fingers
&3-4 Step right back, touch left toes across right, hold and snap fingers
&5 Step left forward, touch right toes to right (feet shoulder width apart)
&6 Making ½ turn right step right beside left, touch left toes to left (9:00)
7&8 Step left to left, step right beside left, step left to left

ROCK-RECOVER-SIDE, BEHIND-SIDE-FRONT, SIDE SHUFFLE, SAILOR ¼ RIGHT

1&2 Rock right behind left, recover weight on left, step right to right
3&4 Step left behind right, step right to right, step left across right
5&6 Step right to right, step left beside right, step right to right
7&8 Step left behind right, making ¼ turn right step right to side, step left to left (12:00)

RIGHT KICK TWICE, CROSS, LEFT TOE TOUCH TWICE, RIGHT KICK, STEP BACK, LEFT KICK, CROSS, TOE TOUCH, STEP BACK, LEFT KICK (THIS SECTION TRAVELS BACK)

1-2 Kick right forward to right diagonal twice
&3-4 Step right across left, touch left toes back to left diagonal twice
&5&6 Step left back, kick right forward, step right back, kick left forward
&7&8 Step left across right, touch right toes back, step right back, kick left forward

SHUFFLE FORWARD RIGHT, SHUFFLE FORWARD LEFT, STEP ½ TURN LEFT, KICK BALL CHANGE

&1&2 Step left beside right, shuffle forward stepping right, left, right
3&4 Shuffle forward stepping left, right, left
5-6 Step right forward, make ½ turn left weight on left
7&8 Kick right forward, step right beside left, step left in place (6:00)

SKATE RIGHT, LEFT, MODIFIED KICK-BALL-CHANGE, SKATE RIGHT, LEFT, MODIFIED KICK-BALL-CHANGE

1-2 With knees slightly bent skate forward right, skate forward left
3&4 Straighten knees and kick right to right, step right beside left, step left in place
Styling counts 3&4 hallelujah hands: 3 reach hands up swiveling palms in and out, & begin to bring hands down, 4 drop hands to sides

5-8

Repeat above counts 1-4

REPEAT

There is no specific ending, but to make it look good, as the music draws to an end (during count 17-24) simply use the side shuffle to face front and strike your favorite pose
