

Movin' Out

拍數: 36 牆數: 1 級數:
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: Jacky Don Tucker - Toby Keith



FORWARD WALK, KICK LEFT, BACKWARD WALK, TOE TOUCH

- 1-2 Walk forward on right foot; walk forward on left foot
- 3-4 Walk forward on right foot; kick left foot forward
- 5-6 Walk backward on left foot; walk backward on right foot
- 7-8 Walk backward on left foot; touch toes of right back

MILITARY PIVOT LEFT, STOMP, STOMP, SLIDE STEPS

- 9-10 Step forward on right foot; pivot $\frac{1}{2}$ turn to the left on ball of right foot and shift weight to left foot
- 11-12 Stomp forward on right foot; stomp left foot next to right
- 13-14 Step to the right on right foot; slide left foot next to right
- 15-16 Step to the right on right foot; slide and touch left foot next to right

ROLLING TURN LEFT, TOUCH, OUT-OUT, HOLD, IN-CROSS, HOLD

- 17 Step to the left on left foot and begin a full turn to the left traveling left
- 18 Step on right foot and continue full to the left traveling turn
- 19 Step on left foot and complete full traveling turn
- 20 Touch right foot next to left
- &21-22 Step to the right on ball of right foot; step to the left on ball of left foot, hold and clap hands
- &23-24 Step to home on left foot; cross right foot over left and step on ball of right foot, hold and clap hands

UNWIND, JUMP BACK, STEP BACK, PIVOT, STEP FORWARD, PIVOT

- 25-26 Unwind $\frac{1}{4}$ turn to the left on balls of both feet; unwind $\frac{1}{4}$ turn to the left on balls of both feet (weight shifts to left foot)
- &27-28 Jump back onto right foot; jump back onto left foot; hold and clap hands (shift weight to left foot)
- 29-30 Step back on right foot; pivot $\frac{1}{2}$ turn to the right on ball of right foot (end with weight on right foot)
- 31-32 Step forward on left foot; pivot $\frac{1}{2}$ turn to the right on ball of left foot and shift weight to right foot

FORWARD TRAVELING TURN

- 33-34 Step forward on left foot; step forward on right foot and pivot $\frac{1}{2}$ turn to the left on ball of right foot
- 35-36 Pivot $\frac{1}{2}$ turn to the left on ball of right foot and step forward on left foot; scuff right foot next to left

REPEAT