

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