

Movin' Out

拍數: 124 牆數: 2 級數: Intermediate
編舞者: James Marlow (UK)
音樂: I'm Moving Out - Billy Joel



HEEL, TOE, HEEL, HITCH, COASTER STEP, STEP TURN

1-2 Right heel forward, right toe back
3-4 Right heel forward, hitch right knee
5&6 Coaster step back on the right
7-8 Step forward left ½ turn right

(REPEAT SECTION 1 BUT ON LEFT FOOT) HEEL, TOE, HEEL, HITCH, COASTER STEP, STEP TURN

1-2 Left heel forward, left toe back
3-4 Left heel forward, hitch left knee
5&6 Coaster step back on left
7-8 Step forward right ½ turn left

ROCK RECOVER, SHUFFLE TURN, ROCK RECOVER, COASTER STEP

1-2 Rock forward on right and recover back onto the left
3&4 Shuffle ½ turn to the right
5-6 Rock forward onto the left and recover back onto the right
7&8 Coaster step back on the left

(REPEAT SECTION 3 ON SAME FOOT) ROCK RECOVER, SHUFFLE LEFT TURN, ROCK RECOVER, COASTER STEP

1-2 Rock forward on right and recover back onto the left
3&4 Shuffle ½ turn to the right
5-6 Rock forward onto the left and recover back onto the right
7&8 Coaster step back on the left

RIGHT STRUT, LEFT STRUT, OUT OUT, KNEE KNEE

1-2 Right toe strut
3-4 Left toe strut
5-6 Right foot out to the right, left foot out to the left
7-8 Wiggle knees together twice

HEEL SWITCHES, ½ TURN, HEEL SWITCHES, ¼ TURN

1&2 Touch right heel forward, together with the left, touch left heel out
&3-4 Bring left foot together with the right, step forward on the right making ½ turn to the left
5&6 Touch right heel forward, together with the left, touch left heel out
&7-8 Bring left foot together with the right, step forward on the right and make ¼ left

(REPEAT SECTION 1) HEEL, TOE, HEEL, HITCH, COASTER STEP, STEP TURN

1-2 Right heel forward, right toe back
3-4 Right heel forward, hitch right knee
5&6 Coaster step back on the right
7-8 Step forward left, ½ turn to the right

SIDE MAMBO, SIDE MAMBO, ROCK AND KICK, ROCK & TOGETHER

1&2 Side mambo step to the left
3&4 Side mambo step to the right

- 5&6 Side rock to the right, recover on the left and kick right foot forward
&7&8 Bring right foot together after the kick, side rock to the left and together with the right

HEEL & TOE SYNCOPATION TURNING ½ LEFT

- 1&2 Touch right heel forward. Step right together with the left. Touch left toe back
&3 Turn ¼ left stepping left beside right, touch right toe back
&4 Step right beside left, touch left heel forward
&5 Step left beside right, touch right heel forward
&6 Step right beside left, touch left toe back
&7 Turn ¼ left stepping left beside right, touch right toe back
&8 Step right beside left, touch left heel forward

Option: replace this section with 8 heel switches starting on the right making ½ turn left

MONTEREY HALF TURNS TWICE

- 1-2 Point right toe out to the right, together with the left while making half turn to the right
3-4 Point left toe to the left, bring together with the right
5-6 Point right toe out to the right, together with the left while making half turn to the right
7-8 Point left toe out to the left and together with the right

(ONLY SECTION WITH 12 COUNTS) STOMP, SCUFF, SWEEP TWICE, LEFT SHUFFLE, STEP RIGHT HALF TURN, WALK TWICE, OUT OUT

- 1-2 Stomp on the right scuff left beside right
3-4 Sweep left foot across right foot, and back again
5&6 Shuffle forward on left foot
7-8 Step forward on right foot and make ½ turn left
9-10 Walk forward right, left
11-12 Right foot out to the right, left foot out to the left

(MODIFIED VERSION OF SECTION 1) HEEL, TOE, HEEL, HITCH, COASTER STEP, STEP LEFT ¼ TURN

- 1-2 Touch right heel forward, touch right toe back
3-4 Touch right heel forward, hitch right knee
5&6 Coaster step back on the right
7-8 Step forward on the left making ¼ turn right

(SAME AS SECTION 2) HEEL, TOE, HEEL, HITCH, COASTER STEP, STEP RIGHT ½ TURN

- 1-2 Touch left heel forward, touch left toe back
3-4 Touch left heel forward, hitch left knee
5&6 Coaster step back on the left
7-8 Step forward on the right making a ½ turn left

ROCK RECOVER, CROSS STEP CROSS, TURN TURN, LEFT SHUFFLE

- 1-2 Rock right to the right side and recover onto the left
3&4 Cross step cross on the right
5-6 Step back on the left making a ¼ turn right, step back on the right making a ¼ right
7&8 Left shuffle forward

(SAME AS SECTION 13) ROCK RECOVER, CROSS STEP CROSS, TURN TURN, LEFT SHUFFLE

- 1-2 Rock right to the right side and recover onto the left
3&4 Cross step cross on the right
5-6 Step back on the left making a ¼ turn right, step back on the right making a ¼ right
7&8 Left shuffle forward

REPEAT

RESTART

After section 14 of the 2nd wall: start again from the toe struts on section 5
