

# Movin' Out

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Gloria Johnson (USA)  
音樂: Fridayniteitis - Eric Todd



## SIDE TOUCHES AND LONG STEPS WITH ¼ TURNS

- 1-2      Touch right heel out to right side; touch right toe beside left foot
- 3-4      Turning ¼ right, step right foot a long step forward; touch left foot beside right
- 5-6      Touch left heel out to left side; touch left toe beside right foot
- 7-8      Turning ¼ right, step left foot back a long step; touch right beside left

## HIP BUMPS, RIGHT LEAD JAZZ BOX

- 9-10      Stepping right foot slightly forward and right, bump hips right twice
- 11-12      Stepping left foot slightly forward and left, bump hips left twice

See variations for 9-12 at bottom

- 13-14      Cross-step right foot over left; step left foot back
- 15-16      Step right foot to right side; slide left foot to right (weight remains on right)

## LEFT LEAD JAZZ BOX, DOUBLE KICK; RIGHT COASTER STEP WITH ¼ TURN

- 17-18      Cross-step left over right; step right foot back
- 19-20      Step left foot to left side; slide right foot to left (weight remains on left)
- 21-22      Kick right foot forward twice
- 23-24      Step right foot back; step left foot back beside right; turning ¼ right, step right foot forward

## MODIFIED VINE

- 25-26      Step left foot to left side; cross-step right behind left
- 27-28      Point left toe to left side; cross-step left foot over right
- 29-30      Step right foot to right side; cross-step left behind right
- 31-32      Point right toe to right side; slide right foot to left foot (weight remains on left)

## REPEAT

## SUGGESTED VARIATIONS FOR 9-12:

### DIAGONAL SHUFFLES

- 9&10      Step right foot diagonally forward right; step left together
- 10&      Step right diagonally forward right; kick left foot behind right leg
- 11&      Step left foot diagonally forward left; step right together
- 12&      Step left diagonally forward left; kick right foot behind left leg

## SYNCOPATED HIP BUMPS

- 9&10      Stepping right foot slightly forward and right, bump hips right, left, right
- 11&12      Stepping left foot slightly forward and left, bump hips left, right, left