

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