

# Out And About

拍數: 52      牆數: 0      級數:  
編舞者: Selena Webber (CAN)  
音樂: Mi Vida Loca - Pam Tillis



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- 1-4            Right heel to side, right toe to side, right heel to side, hitch left turn  $\frac{1}{4}$  turn left  
5-8            Vine backwards (right-left-right) hitch left  
9-12          Step left forward, lock right behind left, step left forward, turn  $\frac{1}{4}$  turn left step right to right side  
13-14        Step onto left turn  $\frac{1}{4}$  turn left, step onto right turn  $\frac{1}{4}$  turn left (feet slightly apart, right hip to right side)  
15-16        Hips (left, right)
- 17-20        Step back on left, step right forward, step left forward turn  $\frac{1}{2}$  turn right, hitch right leg  
21-24        Vine right (right-left-right) stomp left  
25-28        Moving twist to left (heels, toes, heels, toes turning  $\frac{1}{4}$  turn left)  
29-32        Step left across right, kick right to side, step right across left, kick left to side
- 33-36        Step left to side, turn  $\frac{1}{2}$  turn left on ball of left foot, step right to side, turn  $\frac{3}{4}$  turns left on ball of right foot  
37-40        Step left to side, right together & clap, step right to side, left together & clap  
41-44        Step left to side, swing left arm out onto left thigh, step right to side, swing right arm out onto right thigh  
45-48        Twist down (bend knees left, right), twist up (straighten knees left, right)
- 49-52        Step left to left, turn  $\frac{1}{2}$  turn left on left foot, step right foot to side, step left foot behind right foot, kick left

**REPEAT**

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