

Out And In

拍數: 32 牆數: 4 級數: Improver
編舞者: Louis James Sequeira (SG)
音樂: The Only Way Out - Cliff Richard



ROCK RECOVER, SIDE SHUFFLE TO RIGHT, ROCK RECOVER, SIDE SHUFFLE TO LEFT

1-2 Step right across left and rock diagonally forward, recover weight on left
3&4 Side shuffle right - step side right, close left beside right, step side right
5-6 Step left across right and rock diagonally forward, recover weight on right
7&8 Side shuffle left- step side left, close right beside left, step side left

HIPS BUMP FORWARD

1&2 Step right forward, bumping hips-forward, back, forward
3&4 Step forward left, bumping hips- forward, back, forward
5&6 Step right forward, bumping hips-forward, back, forward
7&8 Step forward left, bumping hips- forward, back, forward

SIDE TOGETHER, SIDE SHUFFLES RIGHT, SIDE TOGETHER, SIDE SHUFFLES LEFT

1-2 Step right to right, close left beside right
3&4 Side shuffles right- step right to right, close left beside right, step right to right
5-6 Step left to left, close right beside left
7&8 Side shuffles left-step left to left, close right beside left, step left to left

JAZZ BOX QUARTER RIGHT TURN, RIGHT KICK BALL CHANGES

1-2-3-4 Cross right over left, step left behind right, turning $\frac{1}{4}$ to right stepping right beside left, step left beside right
5&6 Kick right forward, step right beside left, step left in place
7&8 Kick right forward, step right beside left, step left in place

REPEAT

TAG

On reaching 4th wall, repeat last 4 counts and start the dance again still on 4th wall
