

Out Of Bounds

拍數: 32 牆數: 4 級數:
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK)
音樂: Get Down - Gilbert O'Sullivan



RIGHT & LEFT KICK STEP TOUCHES, RIGHT ROCK FORWARD & RECOVER, ¼ RIGHT TURN RIGHT SIDE SHUFFLE

1&2 Kick right forward, step right forward, touch left to left side
3&4 Kick left forward, step left forward, touch right to right side
5-6 Rock right forward, recover weight on left
7&8 Turning ¼ right step right to right, step left together, step right to right (to prepare for ½ turn, turn right toes out to the right)

½ RIGHT HINGE TURN LEFT TOE STRUT, ½ RIGHT HINGE TURN RIGHT TOE STRUT, ¼ RIGHT, ½ RIGHT PIVOT, LEFT FORWARD SHUFFLE

1-2 Turning ½ right touch left toes to left, step left heel down
3-4 Turning ½ right touch right toes to right, step right heel down
5-6 Turning ¼ right step left forward, pivot ½ right
7&8 Step left forward, step right together, step left forward

RIGHT ROCK FORWARD & RECOVER, RIGHT COASTER STEP, LEFT ROCK FORWARD & RECOVER, ½ TURN LEFT SHUFFLE FORWARD

1-2 Rock right forward, recover weight on left
3&4 Step right back, step left together, step right forward
5-6 Rock left forward, recover weight on right
7&8 Turning ½ left step left forward, step right together, step left forward

¼ LEFT STEP RIGHT TO RIGHT, ¼ LEFT STEP LEFT TO LEFT, SYNCOPATED RIGHT CROSS ROCK, WEAVE RIGHT 2 ¼ LEFT, LEFT COASTER STEP

1-2 Turning ¼ left step right to right, turning ¼ left step left to left
3&4 Cross rock right over left, recover weight on left, step right to right
5-6 Cross step left over right, turning ¼ left step right back
7&8 Step left back, step right together, step left forward

REPEAT

TAG

When dancing to "Get Down" by Gilbert O'Sullivan, after the 4th wall, you will be facing front wall. Add the following 8 counts and begin the dance again

RIGHT ROCK FORWARD & RECOVER, ½ RIGHT, RIGHT SHUFFLE FORWARD, ½ RIGHT PIVOT, LEFT SHUFFLE FORWARD

1-2 Rock right forward, recover weight on left
3&4 Turning ½ right step right forward, step left together, step right forward
5-6 Step left forward, pivot ½ right
7&8 Step left forward, step right together, step left forward