

Out Of Here

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate west coast swing
編舞者: Tarja Eriksson (FIN) & Minna Liljamo (FIN)
音樂: (If You're Not In It for Love) I'm Outta Here! - Shania Twain



Pitch down to 115 BPM

STEP, STEP, ANCHOR STEP, ROCK STEP, ½ PIVOT

- 1 Right foot step forward
- 2 Left foot step forward
- 3 Right foot step in place
- & Left foot step in place
- 4 Right foot step back
- 5 Left foot rock back
- 6 Right foot recover
- 7 Left foot step forward, ½ turn right
- 8 Right foot take weight (face 6:00)

STEP, STEP, ANCHOR STEP, TOUCH ¼ TURN, HIPS BUMPS

- 1 Left foot step forward (6:00)
- 2 Right foot step forward
- 3 Left foot step in place
- & Right foot step in place
- 4 Left foot step back
- 5 Right foot touch back, ¼ turn right
- 6 Right foot take weight (face 9:00)
- 7 Bump hips left
- & Bump hips right
- 8 Bump hips left ending weight on left foot

TOE STRUT, TOE STRUT, SKATE FORWARD X4

- 1 Right foot touch toe diagonally forward right
- 2 Right foot take weight
- 3 Left foot touch toe diagonally forward left
- 4 Left foot take weight
- 5 Right foot skate forward
- 6 Left foot skate forward
- 7 Right foot skate forward
- 8 Left foot skate forward

STEP ACROSS, STEP BACK, SHUFFLE TURNING ½, ½ PIVOT, KICK BALL STEP

- 1 Right foot cross in front of left foot
- 2 Left foot step back (3:00), ¼ turn right
- 3 Right foot step to the right
- & Left foot step together, ¼ turn right
- 4 Right foot step forward (3:00)
- 5 Left foot step forward
- 6 ½ turn right keeping weight on left foot
- 7 Right foot kick forward (9:00)
- & Right foot step next to left foot
- 8 Left foot step forward

REPEAT
