

Outa Control

拍數: 48 牆數: 2 級數: Improver
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音樂: Cypress Grove - The GrooveGrass Boyz



SYNCOPATED DOUBLE FOOT BOOGIES, CROSSOVERS, TURNS, CLAP

- 1 Shift weight to heels and split toes apart
- & Shift weight to toes and split heels apart
- 2 Shift weight to heels and split toes apart
- 3 Cross step right foot over left foot
- 4 Unwind ½ turn to the left and clap hands
- 5-8 Repeat steps 1-4 as above

HEEL BALL CROSSES, ROCK STEP, SLOW TURN, CLAP

- 9 Touch right heel forward
- & Step on ball of right foot next to left foot
- 10 Cross step left foot over right foot
- 11&12 Repeat steps 9&10 as above
- 13 Step to the right on right foot
- & Rock onto left foot in place
- 14 Cross step right foot over left foot
- 15 Unwind ¼ turn to the left
- 16 Unwind ¼ turn to the left and clap hands
- 17-24 Repeat steps 9-16 as above

SIDE-TURNING SHUFFLES, TURNING COASTER STEPS

- 25&26 Shuffle to the right stepping right-left-right while turning ¼ turn to the left
- 27 Step back on left foot
- & Step right foot back next to left foot
- 28 Step forward on left foot with a ¼ turn to the left
- 29-32 Repeat steps 25-28 as above (you should have made a full turn on steps 25-32)

RIGHT AND LEFT VINES WITH SYNCOPATED FOOT STOMPS

- 33 Step to the right on right foot
- 34 Cross step left foot behind right foot
- 35 Step to the right on right foot
- & Stomp left foot next to right foot
- 36 Stomp left foot next to right foot (weight stays on right foot)
- 37 Step to the left on left foot (you can do a rolling vine as a variation)
- 38 Cross step right foot behind left foot on 37-38-39 stepping ¼ turn, ¼ turn, ½ turn
- 39 Step to the left on left foot and two stomps)
- & Stomp right foot next to left foot
- 40 Stomp right foot next to left foot (weight stays on left foot)

SYNCOPATED ROCK STEPS, MILITARY TURN, SYNCOPATED ROCK STEPS, STOMPS

- 41 Rock forward on right foot while lifting left foot slightly
- & Step back onto left foot in place
- 42 Rock back on right foot while lifting left foot slightly
- & Step forward onto left foot in place
- 43 Step forward on right foot
- 44 Pivot ½ turn to the left on ball of right foot and shift weight to left foot

- 45&46& Repeat 41&42& as above
- 47 Stomp right foot next to left foot
- 48 Stomp right foot next to left foot (while putting weight on both feet)

REPEAT
