

Outbound

拍數: 76 牆數: 4 級數: Intermediate
編舞者: Linda Moore (UK)
音樂: Outbound Plane - Suzy Bogguss



RIGHT MAMBO, LEFT MAMBO, FORWARD RIGHT ROCK, TRIPLE ½ TURN RIGHT

1&2 Rock right to the right side, rock back onto left step right back in place
3&4 Rock left to the left side, rock back onto right, step left back in place
5-6 Rock forward onto right, rock back onto left
7&8 Triple step ½ turn right, stepping - right, left, right

WALK LEFT RIGHT, LEFT SHUFFLE FORWARD, RIGHT FORWARD ROCK, RIGHT COASTER STEP

1-2 Step forward left, step forward right
3&4 Step forward left, close right beside left, step forward left
5-6 Rock forward on right, rock back onto left
7&8 Step back right, step left beside right, step forward right

LEFT BEHIND RIGHT HEEL JACK CROSS, RIGHT BEHIND LEFT HEEL JACK CROSS

1-2 Step left to left side step right behind left
&3&4 Step diagonally back left, touch right heel diagonally forward right, step right into center, cross left over right
5-6 Step right to right side step left behind right
&7&8 Step diagonally back right, touch left heel diagonally forward left, step left into center, cross right over left

POINT LEFT & CROSS, POINT RIGHT & CROSS, POINT LEFT & CROSS, RIGHT CHASSE

1-2 Point left toe to left side, cross left over right
3-4 Point right toe to right side, cross right over left
5-6 Point left toe to left side, cross left over right
7&8 Step right to right side, close left beside right, step right to right side

LEFT TOE UNWIND ½ TURN LEFT, CROSS SHUFFLE, LEFT ROCK ¼ TURN RIGHT, STEP LEFT & HOLD

1-2 Left toe behind right unwind ½ left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Rock to left side on left, rock onto right making ¼ turn right
7-8 Step left & hold

MONTEREY ½ TURN RIGHT TWICE

1-4 Touch right to right side, on ball of left make ½ turn right, stepping right beside left, touch left to left side, step left beside right
5-8 Touch right to right side, on ball of left make ½ turn right, stepping right beside left, touch left to left side, step left beside right

JAZZ BOX ¼ TURN RIGHT TOUCH, LOCK FORWARD LEFT & TOUCH

1-4 Cross right over left, step back on left, step right ¼ turn right, touch left beside right
5-8 Step forward left, lock right behind left, step forward left touch right beside left

JAZZ BOX ¼ TURN RIGHT TOUCH, LOCK FORWARD LEFT & TOUCH

1-4 Cross right over left, step back on left, step right ¼ turn right, touch left beside right
5-8 Step forward left, lock right behind left, step forward left touch right beside left

RIGHT HEEL JACK TOUCH, LEFT HEEL JACK TOUCH

&1&2 Step diagonally back left, touch right heel diagonally forward right, step right into center, touch left beside right

&3&4 Step diagonally back right, touch left heel diagonally forward left, step left into center, touch right beside left

RIGHT FORWARD ROCK RIGHT COASTER STEP, LEFT FORWARD ROCK LEFT COASTER STEP

1-2 Rock forward on right, rock back onto left

3&4 Step back right, step left beside right, step forward right

5-6 Rock forward on left, rock back on right

7&8 Step back left, step right beside left, step forward left

REPEAT
