

Outrageous

拍數: 0 牆數: 0 級數:
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音樂: Outrageous - Lionel Richie



PART A

SIDE BACK TOUCH, SHUFFLE FORWARD, STEP ½ PIVOT STEP, STEP, HEEL BOUNCES WITH ½ TURN

1&2 Step right foot to right side, step back on the left foot, touch right toe over left foot
3&4 Right shuffle forward
5&6 Step left foot forward, make ½ pivot over right shoulder, step forward on the left foot
7&8 Step forward on the right foot, two heel bounces over left shoulder making ½ turn

COASTER STEP, STEP, HOLD, STEP, TOUCH, HEEL SWITCHES

1&2 Step back on the left, close right beside left, step forward on the left
3-4& Step forward on the right, hold, step forward on the left
5-6& Step forward on the right, touch left beside right, step on the left
7&8 Point right to right side, step on right foot, point left to left side

¼ LEFT HEEL BOUNCES, STEP LEFT LOCK STEP, RIGHT LOCK, RIGHT RECOVER, BEHIND SIDE CROSS

1-2 Make 1/8 of a turn left with heel bounce, make 1/8 of a turn left with heel bounce
3&4 Step left forward, lock right behind left, step forward on left
5-6 Rock out onto the right, recover the weight onto the left
7&8 Step right foot behind left, step left foot to left side, cross right over left

ROCK RIGHT RECOVER, COASTER STEP (OR FULL SHUFFLE), JAZZ BOX WITH ½ TURN

1-2 Rock forward on the left, recover on the right
3&4 Step back on the left, step right beside left, step forward on left
5-6 Cross right over left, step back on left making ¼ turn right
7-8 Step right foot forward making ¼ turn right, step forward on the left

ROCK RECOVER, SHUFFLE BACK, ROCK RECOVER, ¼ LEFT CROSS AND HEEL

1-2 Rock forward on the right, recover the weight on the left
3&4 Step back on the right, step left beside right, step right back
5-6 Rock back on the left, recover the weight on the right
7&8 Make ¼ turn left crossing left over right, step right to right side, tap left heel forward

RIGHT CROSS HOLD & CROSS POINT, HITCH, POINT, BACK LOCK BACK

&1-2 Step on the left, cross right over left, hold
&3-4 Step on the left, cross right over left, point left to left side
5-6 Hitch left, point left to left side
7&8 Step back on the left, lock right over left, step back on the left

BACK ROCK RECOVER, SIDE ROCK RECOVER 3 COUNT SYNCOPATED JAZZ BOX ½ WITH TURN RIGHT, LEFT BACK SHUFFLE

1-2 Rock back on to right, recover the weight on the left
3-4 Rock out on to right, recover the weight on the left
5&6 Cross right over left, step back on the left making ¼ turn right, step right to right side making ¼ turn right
7&8 Step back on the left, step right beside left, step back on left

BACK ROCK RECOVER, SIDE ROCK RECOVER 3 COUNT SYNCOPATED JAZZ BOX ½ WITH TURN RIGHT, LEFT BACK SHUFFLE

- 1-2 Rock back on to right, recover the weight on the left
- 3-4 Rock out on to right, recover the weight on the left
- 5&6 Cross right over left, step back on the left making ¼ turn right, step right to right side making ¼ turn right
- 7&8 Step back on the left, step right beside left, step back on left

BACK ROCK RECOVER, HEEL SWITCHES

- 1-2 Rock back on to the right, recover the weight on the left
- 3&4 Tap right heel forward, step on the right foot, tap left heel forward, step on the left foot

PART B

SIDE ROCK RECOVER, 5 COUNT WEAVE LEFT WITH TOUCH TOUCH LEFT OVER RIGHT

- 1-2 Rock out on to the right, recover the weight on the left
- 3-4 Cross right behind left, step left to left side
- 5-6 Cross right over left, step left to left side
- 7-8 Cross right behind left, touch left toe over right

PRESS, KICK, SHUFFLE BACK, BACK ROCK RECOVER, ROCK & CROSS

- 1-2 Press forward on the left, kick left foot forward
- 3&4 Step back on the left, step right beside left, step back on the left
- 5-6 Rock back on the right, recover the weight on the left
- 7&8 Rock out onto the right, recover the weight on the left, cross right over left

SIDE ROCK RECOVER, 5 COUNT WEAVE RIGHT WITH TOUCH, TOUCH RIGHT OVER LEFT

- 1-2 Rock out on the left, recover the weight on the right
- 3-4 Cross left behind right, step right to right side
- 5-6 Cross left over right, step right to right side
- 7-8 Cross left behind right, touch right toe over left foot

PRESS, KICK, SHUFFLE BACK, BACK ROCK RECOVER, ROCK & CROSS

- 1-2 Lean forward on the right, kick right forward
- 3&4 Step back on the right, step left beside right, step back on the right
- 5-6 Rock back on the left, recover on the right
- 7&8 Rock out on the left, recover the weight on to the right, cross left over right

¼ LEFT, ¼ LEFT, CROSS SHUFFLE, SIDE ROCK RECOVER, BEHIND SIDE CROSS

- 1-2 Turn ¼ left stepping back on the left, turn ¼ left stepping right to side
- 3&4 Cross left over right, step right to right side, cross left over right
- 5-6 Rock out on to the right, recover the weight on to the left
- 7&8 Step right behind left, step left to left side, cross right over left

¼ LEFT, ¼ LEFT, CROSS SHUFFLE, SIDE ROCK RECOVER, COASTER ¼ LEFT

- 1-2 Turn ¼ left stepping back on the left, turn ¼ left stepping right to side
- 3&4 Cross left over right, step right to right side, cross left over right
- 5-6 Rock out on to the right, recover the weight on to the left
- 7&8 Step right behind left, step left next to right, step right forward and turn ¼ left

KICK BALL CHANGE, TOE STRUT, KICK BALL CHANGE, TOE STRUT

- 1&2 Kick right forward, step on the right foot, step on the left foot
- 3-4 Touch right toe forward, drop right heel
- 5&6 Kick left forward, step on the left foot, step on the right foot
- 7-8 Touch left toe forward, drop left heel

JUMP BACK, JUMP BACK, POINT RIGHT TO FRONT, SIDE, BEHIND, IN PLACE

1-2 Jump back right, left

3-4 Jump back right, left

5-6 Point right toe to the front, point right toe to the side

7-8 Point right toe back, touch right toe in place

When doing the first 16 counts of b for the last time replace the rock & cross with a rock & touch
