

Outta Here

拍數: 64 牆數: 2 級數:
編舞者: Lana Harvey (USA)
音樂: For a Change - Neal McCoy



STEP, DIG, STEP, TOUCH, STEP, DIG, RIGHT SHUFFLE

- 1 Step forward left
- 2 Dig right heel forward
- 3 Step back on right
- 4 Touch left toe back
- 5 Step forward left
- 6 Dig right heel forward
- 7&8 Shuffle in place right, left, right

WEAVES

- 9 Cross left behind right
- 10 Step right to right side
- 11 Cross left in front of right
- 12 Hold and clap
- 13 Step back on right
- 14 Step left to left side
- 15 Step right in front of left
- 16 Step left to left side

WEAVES

(17 to 24 are mirror image of 9-16)

- 17 Cross right behind left
- 18 Step left to left side
- 19 Cross right in front of left
- 20 Hold and clap
- 21 Step back on left foot
- 22 Step right to right side
- 23 Cross left in front of right
- 24 Step right to right side

SHUFFLE, HALF TURN, HALF TURN, QUARTER TURN

- 25&26 Shuffle left, right, left
- 27 Right toe forward
- 28 Pivoting on left, make a half turn to left
- 29 Right toe forward
- 30 Make a half turn to left
- 31 Right toe forward
- 32 Make a quarter turn to left

SHUFFLE, HALF TURN, HALF TURN, SHUFFLE

- 33&34 Shuffle right, left, right
- 35 Left toe forward
- 36 Make half turn to right
- 37 Left toe forward
- 38 Make half turn to right
- 39&40 Shuffle left, right, left

DIG, BALL CHANGE, STOMP, CLAP, DIG, BALL CHANGE, STOMP, CLAP

- 41 Dig right heel slightly forward
- & Step on ball of right, lifting left off ground
- 42 Step on left
- 43 Stomp right in place
- 44 Hold and clap
- 45 Dig left heel slightly forward
- 46 Step on right
- 47 Stomp left in place
- 48 Hold and clap

HEEL TWISTS LEFT, RIGHT, LEFT RIGHT LEFT, CLAP

- 49 Twist both heels to left
- 50 Hold
- 51 Twist both heels to right
- 52 Hold
- 53 Twist both heels to left
- 54 Twist both heels to right
- 55 Twist both heels to left
- 56 Hold and clap (you have made a quarter turn right)

STEP, SCUFFS WITH TWO QUARTER TURNS, STEP, SLIDE

- 57 Step forward right (still facing same direction as in 55-56)
- 58 Scuff left heel forward
- 59 Step forward left making quarter turn right
- 60 Scuff right heel forward
- 61 Step forward right making quarter turn right
- 62 Scuff left heel forward
- 63 Step forward left
- 64 Slide right to left

(Steps 63, 64 and 1 are a step, slide, step)

REPEAT
