

Stand Out

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Amanda Delisle (USA)
音樂: Jericho - Hilary Duff



WALK RIGHT, LEFT, KICK BALL CHANGE, ROCK & CROSS, SPIRAL TURN

- 1-2 Walk forward right, left
- 3-4 Kick right forward, step right in place, cross left over right
- 5-6 Rock right to right side, replace weight to left, cross right over left
- 7-8 Step left to left side, turn $\frac{3}{4}$ to right hooking right in front of left, weight ends on right

$\frac{1}{4}$ TURN, ROCK RIGHT, LEFT, RIGHT, $\frac{1}{4}$ TURN & TOUCH, LEFT TRIPLE STEP WITH SWEEP

- 1-4 Step right $\frac{1}{4}$ turn to right across left, step left out to left side bringing ribcage & shoulders to left side, bring ribcage & shoulders to right side transferring weight to right, step $\frac{1}{4}$ to left stepping on left where it is
- 5-8 Step $\frac{1}{4}$ to right stepping right to right side, touch left in front of right making $\frac{1}{4}$ turn to left, triple forward on left sweeping right front to back making $\frac{1}{4}$ turn to left

ROCK & SWEEP, ROCK & STEP, SIDE, BEHIND, STEP TURN

- 1-4 Rock right across left, replace weight to left, sweep right front to back, rock right behind left, replace weight to left, step right to right side (slightly large step)
- 5-8 Step left behind right, step $\frac{1}{4}$ to right stepping right forward, step left forward, pivot $\frac{1}{2}$ to right transferring weight to right

TRIPLE FORWARD, SPIRAL TURN, TRIPLE FORWARD, PIVOT TURN

- 1-4 Triple forward left, right, left, step right forward, pivot full turn on right hooking left in front of right
- 5-8 Triple forward left, right, left, step right forward, pivot $\frac{1}{2}$ to left transferring weight to left foot

REPEAT

RESTART

After the first 16 counts of the 3rd wall (ending with the triple sweep), restart the dance, walking forward

After the first 12 counts of the 5th wall (ending with the $\frac{1}{4}$ turn to left stepping out of the upper body movements), restart the dance

After the first 16 counts of the 7th wall, restart the dance

After the first 8 counts of the 9th wall, restart the dance