

Stepping Out

拍數: 32 牆數: 4 級數: Improver
編舞者: Nicola Thompson (UK)
音樂: Everybody Knows - The Chicks



SYNCOPATED RUMBA BOX, LEFT BACK MAMBO AND RIGHT ROCK CROSS

1&2 Step left to left side, step right next to left, step forward on left
3&4 Sweep step right to right side, step left next to right, step back on right
5&6 Left mambo rock back and back on right and bring left together
7&8 Rock right to right side. Recover onto left. Cross right over left

LEFT WEAVE ¼ TURN LEFT, LEFT BACK SHUFFLE, RIGHT COASTER STEP

1-2 Left side step, right cross behind
3-4 Left side step, right cross in front and make ¼ turn to left (facing 9:00)
5&6 Left shuffle back left, right, left
7&8 Step right back, left back together and right forward

LEFT PIVOT ½ TURN RIGHT WITH A HITCH, RIGHT SHUFFLE, LEFT THEN RIGHT HEEL JACKS

1-2 Left step forward pivot ½ turn right hitching right knee (facing 3:00)
3&4 Right shuffle forward right, left, right
5&6& Left cross in front, right side step and left heel dig and replace weight on left
7&8& Cross right in front, left side step and right heel dig and replace weight on right

WALK LEFT RIGHT TOGETHER, BODY ROLL, STEP FORWARD LEFT AND HIP BUMPS TWICE, FORWARD RIGHT AND HIP BUMPS TWICE

1-2 Left step forward step right together
3-4 Body roll down and up
5&6 Left step forward and bump hips twice
7&8 Right step forward and bump hips twice

REPEAT
