

Steppin' Out

拍數: 48 牆數: 4 級數: Improver
編舞者: Joanne Brady (USA) & Maggie Gallagher (UK)
音樂: Steppin' Out - Scooter Lee



WALK, WALK, SAILOR STEP, SAILOR STEP, RIGHT KICK BALL-CHANGE

1-2 Walk forward right, walk forward left
3&4 Step right behind left, step left to side, step right in place
5&6 Step left behind right, step right to side, step left in place
7&8 Kick right forward, step slightly back on right, step left in place

FORWARD-ROCK, BACK-ROCK, JAZZ BOX ¼ RIGHT

1-2 Rock forward on right, recover weight onto left
3-4 Rock back on right, recover weight onto left
5-6 Cross step right over left, step back on left
7-8 Turn ¼ right stepping on right, step left together

Intermediate option:

1&2& Rock forward on right, recover to left, rock back on right, recover to left
3&4& Rock forward on right, recover to left, rock back on right, recover to left

STEP, DRAG, CROSS-ROCK, CHASSE LEFT, ½ TURN, TOUCH

1-2 Step large step to side on right, drag left toe to touch together
3-4 Cross rock left over right, recover weight onto right
5&6 Step left to side, step right together, step left to side lifting right knee slightly
7-8 Turn ½ right and step right to side, touch left next to right

SIDE, BEHIND, ¼ STEP, ½ PIVOT, ¼ STEP, BEHIND, SIDE (FULL TURN 8 COUNT VINE)

1-2 Step left to side, step right behind left
3-4 Step left ¼ turn left, step forward on right
5-6 Pivot ½ turn left (weight on left), turn ¼ turn left and step right to side
7-8 Step left behind right, step right to side (completing whole turn)

SHIMMY, 2, 3, CLAP, BACK 2, 3, 4

1-2 Step left to side and shimmy shoulders for 2 counts
3-4 Drag right towards left, touch right next to left and clap
5-6 Walk back right, left
7-8 Walk back right, left

Use attitude and your imagination during the walks...the words to the song say "I'm steppin' out baby, back into my life again"

POINT, CROSS, POINT, CROSS, BUMP UP & DOWN & UP & DOWN &

1-2 Point right toe to side, cross step right over left
3-4 Point left toe to side, cross step left over right
5&6 Touch right toe forward and bump hip up, bump left hip back, bump right hip down
& Bump left hip back
7&8 Bump right hip up, bump left hip back, bump right hip down
& Bump left hip back

Your hips draw the letter "C" in the air

REPEAT

Towards the end of the song, the music stops, but keep dancing at the same tempo and the music will kick back in.

