

Steppin' Out

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Beginner
編舞者: Max Perry (USA)
音樂: Steppin Out (Boogie Tonight) - Tony Orlando & Dawn



STEP FORWARD, HOLD, TOUCH FORWARD, HOLD, STEP BACK, HOLD, COASTER STEP

1-2-3-4 (SS) Step left forward, hold, touch right toe forward, hold
5-6-7-8 (SQQ) Step right back, hold, step left back, step right next to left

STEP FORWARD, HOLD, TOUCH FORWARD, HOLD, STEP BACK, HOLD, COASTER STEP

1-2-3-4 (SS) Step left forward, hold, touch right toe forward, hold
5-6-7-8 (SQQ) Step right back, hold, step left back, step right next to left

WALK, HOLD, WALK, HOLD, SLOW ¼ PIVOT TURN (STEP, HOLD, STEP, HOLD)

1-2-3-4 (SS) Step left forward, hold, step right forward, hold
5-6-7-8 (SS) Step left forward, turn ¼ right, step right in place, hold

SLOW WEAVE TO QUICK WEAVE

1-2-3-4 (SS) Cross step left over right, hold, step right to right side, hold
5-6-7-8 (QQS) Cross left behind right, step right to right side, cross step left over right, hold

TOUCH, HOLD, TOUCH, HOLD, BEHIND, SIDE, TOGETHER

1-2-3-4 (SS) Touch right to right side, hold, touch right toe in place, hold
5-6-7-8 (QQS) Cross right behind left, step left to left side, step right next to left, hold

TOUCH, HOLD, TOUCH, HOLD, BEHIND, SIDE, TOGETHER

1-2-3-4 Touch left side, hold, touch left in place, hold
5-6-7-8 Cross left behind right, step right to right side, step left next to right, hold

TWIST BOTH HEELS LEFT, HOLD, TWIST BOTH TOES LEFT, HOLD, TWIST HEELS, TOES, HEELS, HOLD

1-2-3-4 (SS) Twist both heels to left, hold, twist both toes left, hold
5-6-7-8 (QQS) Twist both heels left, twist toes left, twist heels left, hold

TWIST BOTH HEELS RIGHT, HOLD, TWIST BOTH TOES RIGHT, HOLD, TWIST HEELS, TOES, HEELS, HOLD

1-2-3-4 (SS) Twist both heels right, hold, twist both toes right, hold
5-6-7-8 (QQS) Twist both heels right, toes right, heels right, hold

REPEAT

After completing wall 1, the dance you will hold slightly (for about 4 quick counts). You can clap or whatever. You will notice a couple of times in the routine that you will hesitate slightly before starting over because of the odd bits of phrasing in the dance. I felt that if I put little tags in the dance to compensate, it would take the fun and easy feeling out of the dance.

In the last half of the song it slows down (on the heels twists). Just slow down with the song then speed up again when the song speeds up and have fun!