

Stepping Out

拍數: 0 牆數: 0 級數:
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音樂: Stomp - Steps



Sequence: AAA B AAA B AA TAG B A

SECTION A

STOMPS AND SIDE SHUFFLES

- 1-2 Stomp right foot next to left, kick right foot forward
- 3&4 Step right foot to right side, close left foot next to right, step right foot to right side
- 5-6 Stomp left foot next to right, kick left foot forward
- 7&8 Step left foot to left side, close right foot next to left, step left foot to left side

PADDLE STEPS MAKING ½ TURN AND SYNCOPATED JAZZ BOX WITH A ¼ TURN

- 1-2 Rock onto right making ¼ turn left
- 3-4 Rock onto right making ¼ turn left
- 5-6 Cross right foot over left, step back left
- &7 Step right to right side, making a ¼ turn right, cross left over right
- 8 Kick right foot forward

KICKS WALKING BACKWARD AND ROCK, RECOVER CROSSES

- 1-2 Step back on right, kick left forward
- 3-4 Step back on left, kick right forward
- 5&6 Rock to right on right foot, recover onto left foot, cross right over left
- 7&8 Rock to left on left foot, recover onto right foot, cross left over right

PIVOT ½ TURN WITH JUMPS FORWARD AND BACK

- 1-2 Step forward on right and pivot ½ turn to the left
- 3-4 Step forward on right and pivot ½ turn to the left
- &5-6 Jump slightly forward on right, left with a clap
- &7-8 Jump slightly back on right, left with a clap

SECTION B

SHUFFLES AND ROCK

- 1&2 Right crossing shuffle: cross right foot over left, bring left next to right, step right to left side
- 3-4 Rock to left side on left foot, recover onto right foot
- 5&6 Cross left foot over right leg and clap twice
- 7&8 Step right to right side, close left next to right, step right to right side

LEFT SAILOR STEP, HOOKS AND SLAPS, WALKS FORWARD

- 1&2 Step left foot behind right, step right foot to right side, step left foot to left side
- 3-4 Step forward on right foot, hook left foot behind right knee slapping foot with right hand
- 5-6 Step back on left making a ¼ turn left, hook right foot in front of left leg slapping foot with left hand
- 7-8 Walk forward on right then left

PIVOT ½ TURN, SHUFFLE, STOMP, SWIVEL, SHUFFLE

- 1-2 Step forward on right, pivot ½ turn to left
- 3&4 Step right foot forward, bring left next to right, step right foot forward
- 5&6 Stomp left in front of right, swivel heels out, swivel heels in
- 7&8 Step right foot forward, bring left next to right, step right foot forward

ROCK FORWARD, ¼ TURN COASTER, PIVOT ½ AND ¼ TURNS

- 1-2 Rock forward on left foot, recover onto right
3&4 Step back on left making a ¼ turn to the left, step right next to left, step left forward
5-6 Step forward on right, pivot ½ turn to the left
7-8 Step forward on right, pivot ¼ turn to the left

TAG (4 COUNTS)

- 1-4 Walk forward on right, left, right, left
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