

Steppin' Out!

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Stephen Paterson (AUS)
音樂: Everybody Knows - The Chicks



SIDE, HOLD, AND SIDE CROSS

1-2 Step right out to side, hold
&3-4 Step left beside right, step right out to side, step left over right

SIDE, LEFT SAILOR, BEHIND

1 Step right out to side
2&3 Step left behind right, rock right out to side, recover onto left in place
4 Step right behind left

¼ FORWARD, ROCK, RECOVER, BACK, BACK

1-2 Turn ¼ left then step forward onto left, rock right forward
&3-4 Recover back on left in place, step back right, step back left

ROCK BACK, RECOVER, TOGETHER, STEP ¼

1-2& Rock right back, recover forward onto left, step right beside left
3-4 Step left forward, pivot ¼ right taking weight on right

ROCK FORWARD, RECOVER, ½ SHUFFLE

1-2 Rock left forward, recover back onto right in place
3&4 Turn ½ left then step forward left, step right beside left, step left forward

POINT, HOLD, AND POINT, TOGETHER (MODIFIED MONTEREY)

1-2& Point right out to side, hold, turning ½ right with weight on left step right beside left
3-4 Point left out to side, step left beside right

POINT, HOLD, AND SIDE ROCK (MODIFIED MONTEREY)

1-2& Point right out to side, hold, turning ½ right with weight on left step right beside left
3-4 Rock left out to side, recover onto right in place

CROSS SAMBA, CROSS SAMBA

1&2 Step left over right, rock right out to side, recover onto left in place
3&4 Step right over left, rock left out to side, recover onto right in place

ROCK FORWARD, RECOVER, ½, HOLD

1-2 Rock left forward, recover back onto right in place
3-4 Turn ½ left then step left forward, hold

QUICK ½, FORWARD, SHUFFLE

&1-2 Step right forward, pivot ½ left taking weight on left, step right forward
3&4 Step left forward, step right beside left, step left forward

ROCK FORWARD, RECOVER, BACK, HEEL, HOLD

1-2& Rock right forward, recover back onto left in place, step right back
3-4 Tap left heel forward, hold

BACK, HEEL, BACK, HEEL, TOGETHER, ROCK BACK, RECOVER

&1& Step left back, tap right heel forward, step right back

2& Tap left heel forward, step left beside right
3-4 Rock right back, recover forward onto left in place

SIDE, HOLD, AND ¼, STEP THREE ¼S, SIDE, BEHIND, SIDE, CROSS

1-2& Step right out to side, hold, step left beside right
3-4 Turn ¼ right then step forward onto right, step left forward
5-6 Pivot ¾ right taking weight on right, step left out to side
7&8 Step right behind left, step left out to side, step right over left

SIDE, HOLD, AND ¼, STEP THREE ¼S, SIDE, BEHIND, SIDE, CROSS

1-2& Step left out to side, hold, step right beside left
3-4 Turn ¼ left then step forward onto left, step right forward
5-6 Pivot ¾ left taking weight on left, step right out to side
7&8 Step left behind right, step right out to side, step left over right

REPEAT

RESTART

On wall 5, dance up to count 40, then restart.(to front wall)

TAG

At the end of the 1st wall (facing back wall), add the following 8 count tag, then restart to front wall

At the end of the 3rd wall (facing front wall) add the same tag twice, then restart to front wall

SIDE ROCK, AND SIDE ROCK, AND STEP ½, WALK, WALK

1-2& Rock right out to side, recover onto left in place, step right beside left
3-4& Rock left out to side, recover onto right in place, step left beside right
5-6 Step right forward, pivot ½ left taking weight onto left
7-8 Step right forward, step left forward
