

Back Out Back

拍數: 32 牆數: 4 級數: Improver
編舞者: Jenny Tait
音樂: Back Out Back - Sara Storer



STEP, KICK, STEP, RIGHT LEFT RIGHT, STEP, TAP, STEP, TAP

1-2 Step forward on left, kick right forward
3&4 Step back on right, left beside, right beside
5-6 Step left to the side, tap right beside and clap
7-8 Step right to the side, tap left beside and clap

SHUFFLE, KICK-BALL-CHANGE, PADDLE TURN, REPEAT

9-10 Shuffle forward left, right, left, right kick-ball-change
11-12 ¼ paddle-turn to the left, ¼ paddle-turn to the left
13-14 Shuffle forward right, left, right, left kick-ball-change
15-16 ¼ paddle-turn to the right, ¼ paddle-turn to the right

STEP ACROSS, STEP SIDE, UNWIND, SHUFFLE, UNWIND

17-18 Step left across in front of right, step right to the side
19-20 Unwind ½ turn to the left
21-22 Shuffle forward left, right, left
23-24 Unwind ½ turn to the left

STEP, SCUFF, STEP, SCUFF, COASTER STEP, STOMP, STOMP

25-26 Step forward left, scuff right
27-28 Step forward right, scuff left
29-30 Step back left, right (placing foot at 45 degrees pointing right)
31-32 Turning ¼ turn to the right, stomp left right (clapping)

REPEAT
