

Ball Out

拍數: 0 牆數: 2 級數: Phrased High Intermediate
編舞者: Will Craig (USA) - May 2008
音樂: Ball out (\$500) (feat. T Pain) - Blak Jak



Pattern goes A B A B A B B B

PART A 48 counts

(1-8) Step hitch behind side cross x2

1 2 Step left over right, Hitch right leg
3 & 4 Step right leg behind left, Left foot to left side, Cross right foot over left
& 5 6 Step left to left side, Cross right over left, Hitch left leg up
7 & 8 Step left foot behind right, right foot to right side, left foot over right

(9-16) ¼ turn steps lower body ½ steps lower body with ¼ turn

9 10 ¼ turn left step right foot to right side bending both knees to lower body, Straighten both knees to stand back up
& 11 12 Step left foot to right, Step right foot to right side bending both knees to lower body, Straighten both knees to stand back up
13 14 ½ turn right stepping left foot to left side bending both knees to lower body, Straighten both knees to stand back up
& 15 16 Step right foot to left, left foot to left side bending both knees to lower body, Straighten both knees to stand back turning ¼ turn left up ending with the weight on the right

(17-24) Step out and cross and step cross with a knee pop and head pop sailor shuffle

& 17 & 18 Step left foot to left side, Step right foot to right side, Cross left foot over right, Step right foot to right side
& 19 & 20 step left foot back, Cross right foot over left, Step right foot to right side, Cross left foot over right
21 22 Kick left foot to left side, tap left foot down while popping left knee out while popping head left still looking forward keep the weight on right foot
23 & 24 Step left foot behind right, Right foot to right side, Step left foot to left side

(25-32) Sailor shuffle with glides x 2 with rock step

25 & 26 Right foot behind left, Left foot to left side, Right foot to right side
27 28 Bring left foot to right putting weight on left foot, slide right foot to right side
29 30 Bring left foot to right putting weight on left foot, slide right foot to right side
31 32 Rock left foot back, recover weight on the right foot

(33-40) Left hitch behind side cross Right hitch behind side cross

33 34 Tap left foot in front of right, hitch up left foot
35 & 36 Step left foot behind right, Right foot to right side, Cross left foot over right
37 38 Tap right foot in front of left, hitch up right foot
39 & 40 Step right foot behind left, left foot to left side, Cross right foot over left

(41-48) Rock and step x2 ½ with body pumps

41 & 42 Rock left foot forward, recover weight on right, Step forward on left foot
43 & 44 Rock right foot forward, recover weight on left, Step forward on right foot
45 46 Rock left foot forward, recover weight on right
47 & 48 Step back on left foot, ½ turn left stepping forward on right foot bring body down, Step left foot forward bring body back up and down

PART B 32 counts wall 2

(1-8) Steps in place with toe touches full turn

- 1 2 Touch right foot forward keep weight on left foot, Drag right foot back to left putting weight on right
- 3 4 Touch left foot forward keep weight on right foot, Drag left foot back to right putting weight on left
- 5 & 6 Touch right toe to right side, Bring right foot back to left, touch left toe to left side
- 7 8 Bring left foot behind right, unwind full turn to left putting weight on the right

(9-16) Steps in place with toe touches full turn

- 9 10 Touch left foot forward keep weight on right foot, Drag left foot back to right putting weight on left
- 11 12 Touch right foot forward keep weight on left foot, Drag right foot back to left putting weight on right
- 13 & 14 Touch left toe to left side, Bring left foot back to right, touch right toe to right side
- 15 16 Bring right foot behind right, unwind full turn to right putting weight on the left

(17-24) Steps with body pumps x2 moonwalks back

- 17 & 18 Step right foot forward bring body down while bring both arms to chest, bring body back up, lower body back down ending with weight still on right
- 19 & 20 Step left foot forward bring body down while bring both arms to chest, bring body back up, lower body back down ending with weight still on left
- 21 - 24 Putting weight on right foot slide the left back, switching weight to left sliding right foot back, switching weight to right foot slide left foot back, switching weight to left sliding right foot back ending with weight on the right foot

(option for 21-24 walk back left right left right)

(25-32) Rock step x3 behind side cross ½ turn body pumps

- 25 26 & Rock left foot forward, recover weight on right, bringing left foot back to right
- 27 28 & Rock right foot forward, recover weight on left, bringing right foot back to left
- 29 30 Rocking left foot forward, recover weight back on the right
- 31 & 32 Step back on left foot, ½ turn left stepping forward on right foot bring body down, Step left foot forward bring body back up and down
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