

Outside My Window

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Ray Graham (AUS) - October 2009
音樂: Outside My Window - Sarah Buxton



Start after 24 beat count (prior to the vocals starting)

S1: SIDE TOUCHES (Right Toe), TURNING TRIPLE STEP, SIDE TOUCHES (Left Toe), IN, IN, OUT, OUT:

1&2 Touch R toe to side, Touch R toe To Centre, touch R Toe to side
3&4 Turning 1800 Right, Step Right, Left, Right (triple step)
5&6 Touch L toe to side, Touch L toe To Centre, Touch L Toe to side
&7&8 (Moving forward) Step Left to Centre, Step Right to Centre, Step Left to Side, Step Right to Side (6.00)

S2: KICK BALL CHANGE, STEP RIGHT TO SIDE, DRAG LEFT TO CENTRE, TURNING 1800 RIGHT STEP TO LEFT, DRAG RIGHT TO CENTRE, SAILOR STEP

1&2 Kick Left Foot Forward, Step Left together, Step Right Together
&3,4 Step Left Together, Step Right(large) to side, Drag Left to Right (together)
&5,6 Turn 1800 Right & Step onto Right Foot, Step Left(large) to side, Drag Right to Left (together)
7&8 Step Left behind Right, Step Right to Side, Step Left to Side (Left Sailor Step)(12.00)

S3: CROSS, SIDE, SIDE, CROSS, SIDE, TURN, WEAVE

1&2 Cross Right over Left, Step to Left, Step Right to Right
3&4 Cross Left over Right, Step Right to Side, Hinge Turn 180 deg L & Step Left to Side
5 Step Right To Side,
&6 Step Left Behind Right, Step Right To Side,
&7 Step Left Across Right, Step Right To Side,
&8 Step Left Behind Right, Touch Right To Side (6.00)

S4: HITCH & SHUFFLE, STEP, LOCK, STEP, HEEL SWITCHES, HOLD

&1&2 Hitch Right foot , Step Forward, Step Left together, Step Right Forward (shuffle R,L,R)
3&4 Step Left Forward, Lock Right Behind Left, Step Left Forward
5 Touch Right Heel Forward,
&6 Step Right foot to Centre, Turning 90 degrees Left Touch Left Heel Forward,
&7 Step Left foot to Centre, Touch Right Heel Forward,
8 Hold (3.00)

S5: HEEL, HEEL, LEFT TOG, STEP FORWARD, STEP TOG, STEP TOG, STEP FORWARD, STEP TOG, COASTER STEP

&1,2 Step Right to Centre, Touch Left Heel Forward, Touch Left Heel Forward
&3,4 Stepping Left to Centre, Step Right Forward (large step), Drag Left Towards Right(taking weight on Left)
&5,6 Stepping Right to Centre, Step Left Forward (large step), Drag Right Towards Left (taking weight on Right)
&7&8 Step Left To Centre, Step Right Forward, Step Left Together, Step Back On Right. (3.00)

S6: BACK & FORWARD, STEP, TURN, STEP, STEP, PIVOT, TURN, TURN, STEP, TOUCH

1&2 Rock Back on Left, Replace Weight Forward on Right, Step Left Forward
3&4 Step Forward on Right, Pivot 180 degrees Left, Step Forward on Right
5&6&7 Step Forward on Left, Pivot 180 degrees Right, Turning 180 degrees Right Step Back on Left, Turning 180 degrees Right Step Forward on Right, Step Forward on Left
8 Touch Right Next to Left. (3.00)

1st Restart which occurs on the 2nd Wall after Beat 40 (drop off the last 8 beats) Step Left to Centre (&) then restart dance.

2nd restart is on the 5th wall, do the first 16 counts then pause for 4 beats (no music) then restart the dance from the beginning.
