

Zone Out

拍數: 64 牆數: 2 級數: Intermediate Contra
編舞者: Malene Jakobsen (DK) - July 2010
音樂: Club Can't Handle Me (feat. David Guetta) - Flo Rida



Intro: 32 counts from the beginning beat, 15 sec. into track - dance begins with weight on L

(1-8) Out, out, R heel swivel, L heel swivel, together, back, together, side

1-2 (1) Step diagonally out on R, (2) step diagonally out on L 12.00
&3&4 (&) Swivel R heel inwards, (3) swivel back, (&) swivel L heel inwards, (4) swivel back – weight on L
5-6-7-8 (5) Step R next to L, (6) step back on L, (7) step R next to L, (8) step L to L side

(9-16) Together, clap bum, clap thighs, clap hands, forward jump thrust, jump back, hip bumps

1-2 (1) Step R next to L, (2) clap your bum with both hands 12.00
3-4 (3) Clap your thighs with both hands, (4) clap hands
5 (5) Jump forward

ARMS: As you jump forward thrust hips forward pushing arms down along side of your body

6 (6) jump back – weight on R and ball of L touched next to R

ARMS: As you jump back, tighten fists and place arms across your stomach L fist on top of R fist

&7&8 (&7&8) Bump hips L, R, L, R - always keeping weight on R 12.00

ARMS: Roll your hands around each other anticlockwise as you do the hip bumps – just like what is done in first verse of the children song “The wheels on the bus go round and round”

(17-24) Shuffle back, ½ shuffle, step turn step, touch

1&2 (1) Step back on L, (&) step R next to L, (2) step back on L 12.00
3&4 (3) Turn ½ R stepping forward on R, (&) step L next to R, (4) step forward on R 6.00
5-6 (5) Step forward on L, (6) turn ½ R 12.00
7-8 (7) Step forward on L, (8) touch R next to L 12.00

(25-32) Side, together, chasse, syncopated vine with cross, side

1-2 (1) Step R to R side, (2) step L next to R
3&4 (3) Step R to R side, (&) step L next to R, (4) step R to R side
5-6 (5) Step L to L side, (6) cross R behind L
&7-8 (&) Step L to L side, (7) cross R over L, (8) step L to L side 12.00

(33-40) Back rock, ¼ shuffle, ball side, cross, back, ¼

1-2 (1) Rock back on R, (2) recover onto L 12.00
3&4 (3) Turn ¼ L stepping R to R side, (&) step L next to R, (4) step R to R side 9.00
&5 (&) Step L next to R, (5) step R to R side

NOTE: On counts 3&4&5, you'll be changing places – back against back with your co-dancer

6-7-8 (6) Cross L over R, (7) Step back on R, (8) turn ¼ L stepping slightly forward on L 6.00

NOTE: On count 7 – it's important that you do take a step back., it'll make you face your co-dancer again

(41-48) Heel switches, ball, step turn, heel switches, ball, step turn

1&2& (1) Touch R heel forward, (&) step R next to L, (2) touch L heel forward, (&) step L next to R 6.00
3-4 (3) Step forward on R, (4) turn ½ L 12.00
5&6& (5) Touch R heel forward, (&) step R next to L, (6) touch L heel forward, (&) step L next to R 12.00
7-8 (7) Step forward on R, (8) turn ½ L 6.00

(49-56) Touch steps with hips, clap twice, clap thighs, shoulder pops

- 1&2 (1) Touch R toes forward pushing hips diagonally forward, (&) bring hips back, (2) step down on R 6.00
- 3&4 (3) Touch L toes forward pushing hips diagonally forward, (&) bring hips back, (4) step down on L
- 5&6 (5&) Raise both hands to clap the person's opposite you twice, (6) clap both hands on your thighs
- 7&8 (7) Raise R shoulder, (&) raise L shoulder dropping R shoulder, (8) raise R shoulder dropping L shoulder

(57-64) Shuffle back, back mambo step, point, together, point, together

- 1&2 (1) Step back on R, (&) step L next to R, (2) step back on R
- 3&4 (3) Rock back on L, (&) recover onto R, (4) step L next to R
- 5-6 (5) Point R to R, (6) step R next to L
- 7-8 (7) Point L to L, (8) step L next to R 6.00

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