

Let Me Out

拍數: 64 牆數: 4 級數: Improver
編舞者: Jonathan Williamson (UK) - April 2011
音樂: Let Me Out - Imelda May : (Album: Mayhem)



Start Dance 32 counts from beginning of track.

Side strut, Cross strut, Side strut, Rock recover

1-2 Step right toe to right side, push weight back on right heel
3-4 Cross left toe over right, push weight down on left heel
5-6 Step right toe to right side, push weight back on right heel
7-8 Rock left behind right, recover weight back on right

Side behind ¼ scuff, R toe strut, L toe strut

1-2 Step left to left side, step right behind left
3-4 ¼ turn left stepping forward left, scuff forward right
5-6 Step forward on right toe, drop weight down on right heel
7-8 Step forward on left toe, drop weight down on left heel

Mambo, Hold, Coaster step, Kick

1-2 Rock forward right, recover weight back on left
3-4 Step right besides left, hold
5-6 Step back left, step right next to left
7-8 Step forward left, kick right foot forward

Back lock back, Kick, coaster step, Hold

1-2 Step back right, lock left across right
3-4 Step back right, kick left foot forward
5-6 Step back on left, step right besides left
7-8 Step forward left, hold

½ Monterey turn x 2

1-2 Point right to right side, bring right toe in making ½ turn right (weight on right)
3-4 Point left to left side, step left next to right. (weight on left)
5-6 Point right to right side, bring right toe in making ½ turn right (weight on right)
7-8 Point left to left side, step left next to right. (weight on left)

Rock & cross, Hold, Vine

1-2 Rock right to right side, recover weight back on left
3-4 Cross right over left, hold
5-6 Step left to left side, step right behind left
7-8 Step left to left side, cross right over left

Side strut, Rock Recover, Side strut, Rock Recover

1-2 Step left toe to left, push weight down on left heel
3-4 Rock right behind left, recover weight back on left (**)
5-6 Step right toe to right side, push weight down on right heel
7-8 Rock left behind right, recover weight back on right

Forward shuffle, Scuff, Step ½ turn step, Hold

1-2 Step forward left, step right besides left
3-4 Step forward left, scuff right foot forward

5-6 Step forward right, ½ turn left (weight on left)
7-8 Touch right besides left, hold

Restart: wall 2 after step 52.()**

If you have any queries email me at:- willand@talktalk.net
