

Stepping Out

拍數: 48 牆數: 2 級數: Improver
編舞者: Lisa Hillman (SWE) - September 2012
音樂: Stepping Out 'N' Going - The Kingbees



Start dancing after 24 counts (9 sec)

Section 1: Shuffle RF forward, Shuffle LF forward, Step ½ turn, stomp, Clap (06.00)

1&2 RF step forward, LF step beside RF, RF step forward
3&4 LF step forward, RH step beside LF, LF step forward
5678 Step RF forward, turn ½ left, weight on LF, RF stomp beside LF, Clap (weight on LF)

Section 2: Chasse to right, rock recover, Chasse to left, rock recover (06.00)

1&2 Step RF to right, Step LF beside RF, Step RF to Right
34 LF rock behind RF, Recover weight to RF
5&6 Step LF to Left, Step RF beside LF, Step LF to Left
78 RF rock behind LF, Recover weight to LF

Section 3: Step out out diagonally, step in in (back in place) Step forward, Turn ¼, stomp, Clap (03.00)

12 RF step out/forward Right diagonally, LF step out/forward Left diagonally
34 RF step back in, LF step back in
5678 Step RF forward, turn ¼ to left, RF stomp beside LF, Clap (weight on LF)

Section 4: Dwight Swivels, Rock recover, behind, side (03.00)

1 Swivel Left heel Right touching Right toe beside Left foot.
2 Swivel Left toe Right touching Right heel diagonally forward Right.
3 Swivel Left heel Right touching Right toe beside Left foot.
4 Swivel Left toe Right touching Right heel diagonally forward Right.
5678 RF rock to Right, Recover to left, RF behind LF, LF step to Left (*)

Section 5: Cross, Hold, Rock ¼, Hold, Full turn (06.00)

1-2 Cross RF over LF, Hold
34 LF rock turn, ¼ to right(step forward with RF)
56 LF step forward, Hold
78 Turn ½ step RF back (12), Turn ½ step LF forward (6)

Section 6: Toe strut, Toe strut, Rocking chair (06.00)

12, 34 Step RF toe/heel, LF toe/heel
5678 RF rock forward and recover to LF, RF rock back and recover to LF

*2 restarts: Dance 2 walls and on the 3rd and 6th walls, after section 4 - you'll start over.

Dance and have fun!

Contact: lisahillman@hillko.se