

Out of Air

COPPER **NOB**
STEPSHEETS

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Wendy Mager (USA) - March 2013
音樂: Runnin' Out of Air - Love and Theft



Intro - 16 counts

R FWD ROCK-REC, R SHUFFLE BACK, L BACK ROCK-REC, ½ R TURNING SHUFFLE

1-2 Rock fwd on R, recover to L
3&4 Step R back, step L together, step R back
5-6 Rock back on L, recover to R
7&8 Step L 1/4 turn R, step R next to L, step L back into a 1/4

R BACK ROCK-REC, 1/4 L TURNING SHUFFLE, L FWD ROCK-REC, L COASTER

1-2 Rock back on R, recover to L
3&4 Step R fwd-1/4 turn L, step L next to R, step R fwd
5-6 Rock fwd on L, recover to R
7&8 Step L back, step R next to L, step L fwd

R&L SIDE ROCK-CROSS R&L FWD SYNCOPATED HEELS AND SIDE POINTS

1&2 Rock R to R side, recover weight on L, cross step R over L
3&4 Rock L to L side, recover weight on R, cross step L over R
5&6 Touch R heel fwd, step R next to L, touch L heel fwd
&7&8 Step L next to R, touch R toe out to R side, step R next to L, touch L toe out to L side

SWEEP 1/4 L COASTER, R CROSSING SHUFFLE, R 1/4, 1/4, L CROSS, R TOUCH

&1&2 Sweep L behind R into 1/4 turn L, step L back, step R next to L, step L fwd
3&4 Step R across L, step L to L side, step R across L
5-6 Turn 1/4 R and step L back, turn 1/4 R and step R to R side
7-8 Step L across R, touch R next to L

**#2 RESTART HERE

R SHUFFLE FWD, L FWD ROCK-REC, L 1/2, 1/2(FULL TURN L TRAVELING BACK), L COASTER

1&2 Step R fwd, step L next to R, step R fwd
3-4 Rock fwd on L, recover to R
5-6 1/2 turn back L- step fwd on L, 1/2 turn fwd L- step back on R (full turn L traveling back)
7&8 Step L back, step R next to L, step L fwd

R SIDE ROCK-REC, R CROSSING SHUFFLE, L SIDE ROCK-REC, L CROSSING SHUFFLE

1-2 Rock R to R side, recover to L
3&4 Step R across L, step L to L side, step R across L
5-6 Rock L to L side, recover to R
7&8 Step L across R, step R to R side, step L across R

**1ST RESTART HERE

L 1/4 TURN STEP- L KICK FWD , L COASTER, R STEP-POINT L, L STEP-POINT R

1-2 Make a 1/4 turn L while stepping back on R, kick L foot fwd
3&4 Step L back, step R next to L, step L fwd
5-6 Step R fwd, point L toe to L side
7-8 Step L fwd, point R toe to R side

**2 RESTARTS:

**On wall 2(3:00): do 48 counts then restart on the 9:00 wall (drop the last 8 counts)

On wall 5(3:00): do 32 counts then restart on the 9:00 wall (drop the last 24 counts)

To End The Dance: There will be 8 counts left before the music ends. Dance the first 8 counts on wall 7 (12:00)

On counts 7&8- do a L forward shuffle instead of a turning shuffle.

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