In & Out Of Trouble



拍数: 32 墙数: 4 级数: High Beginner

编舞者: Patsy Long - March 2017

音乐: Get My Name - Mark Ballas: (iTunes)



#32 count intro.

Thanks to Susan & Aimee for your good advice.

Section 1: Step Back & Drag, Step, Step, Toes Struts

1-2 Step back on Rt., Drag Lf. back (Weight on Rt.) &-3-4 Step Lf. next to Rt., Step forward on Rt.-Lf.

5&6 Rt. Toe, & Hip bump, Drop heel 7&8 Lf. Toe, & Hip bump, Drop heel (12)

Section 2: Kick Ball Point 2x, Jazz Box With Cross

1&2 Rt. Kick ball point to side with Lf. toe 3&4 Lf. Kick ball point to side with Rt. toe

5-8 Cross Rt. over Lf., Step back onto Lf., Step Rt. back next to Lf., Cross Lf. over Rt. (12)

Section 3: Side Shuffle, Rock Back, 1/4 Shuffle, Rock Back

1&2 Side shuffle Rt. Rt.-Lf.-Rt.

3-4 Rock back onto Lf., Recover onto Rt.

5&6 1/4 Shuffle Rt., Lf.-Rt.-Lf.

7-8 Rock back onto Rt., Recover onto Lf. (3)

Section 4: 1/4 Pivot With Hip Rolls 2x, Cross, Lf. Point to side, Step Forward, Touch Rt, Next To Heel

1-2 Step forward onto Rt., Pivot 1/4 Lf.

3-4 Repeat (9)

5-6 Cross Rt. over Lf., Point Lf. to side

7-8 Step forward onto Lf., Touch Rt. toe next to Lf. heel (9)

Let's Dance!

Contact: patsybon@pacbell.net