

# Exit

拍数: 64      墙数: 2      级数: Improver  
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音乐: F\*\*k You - Lily Allen



The dance begins after 16 beats with the use of singing

## S1: Chassé, Rock Back r + l

- 1&2      Step to the right with right - Put left foot to right and step to the right with right
- 3-4      Step backwards with left - weight back to right foot
- 5&6      Step to the left with left - right foot to left and step to the left with left
- 7-8      Step backwards with right - weight back to left foot

## S2: Boogie Walk 2, Shuffle Forward r + l

- 1-2 2      steps forward, each slightly crossing (r - l)
- 3&4      Step forward with right - put left foot to right and step forward with right
- 5-6 2      steps forward, each slightly crossing (l - r)
- 7&8      Step forward with left - right foot to left and step forward with left

## S3: 2x Shuffle Back r + l

- 1&2      Step backwards with right - put left foot to right and step backwards with right
- 3&4      Step backwards with left - right foot to left and step backwards with left
- 5-8      Like 1-4

## S4: Kick Forward, Kick Side, Coaster Step, Kick Forward, Kick Side, ¼ Turn l/Coaster Step

- 1-2      Kick right foot forward - Kick right foot to right
- 3&4      Step backwards with right - put left foot to right and small step forward with right
- 5-6      Kick left foot forward - kick left foot to left
- 7&8      1/4 turn left around and step backwards with left - Put right foot next to left foot and small step forward with left (9 o'clock)

## S5: Side, Close, Chassé r Turning ¼ r, Step, Pivot ½ r, Shuffle Forward

- 1-2      Step to the right with right - put left foot to right
- 3&4      Step to the right with right - Put left foot to right, 1/4 turn right around and step forward with right (12 o'clock)
- 5-6      Step forward with left - 1/2 turn right around on both feet, weight at the end right (6 am)
- 7&8      Step forward with left - right foot to left and step forward with left

## S6: Walk 3, Touch, Back 3, Touch

- 1-4 3      steps forward (r - l - r) - tap left foot next to right
- 5-8 3      steps backwards (l - r - l) - tap right foot next to left

## S7: 2x ¼ Monterey Turn r

- 1-2      Tap the right tip of the right foot - 1/4 turn right around and right foot to the left (9 am)
- 3-4      Tap the left tip of the left foot - put left foot to right
- 5-8      Like 1-4 (12 o'clock)

## S8: 2x Jazz Box Turning ¼ r

- 1-2      Cross right foot over left - 1/4 turn right around and step backwards with left (3 o'clock)
- 3-4      Step to the right with right - put left foot to right
- 5-8      Like 1-4 (6 am)

Repetition to the end

**Bridge (after the end of the 1st, 3rd and 5th round - 6 o'clock)**

**Step, Pivot  $\frac{1}{2}$  l, Unwind  $\frac{1}{2}$  l**

1-2                    Step forward with right -  $\frac{1}{2}$  turn left around on both bales, weight at the end left (12 o'clock)

3-4                    Slow  $\frac{1}{2}$  turn left around on both bales, weight at the end left (6 o'clock)

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