拍数： 0
壇数： 0
级数：

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音乐：（If You＇re Not In It for Love）I＇m Outta Here！－Shania Twain


## THE MAIN DANCE

## HEEL TOUCHES，HOP TURN

Right foot heel tap forward，right foot together，right foot heel tap forward，right foot together
5－8 Left foot heel tap forward，left foot together，left foot heel tap forward，left foot together
$9 \quad$ Hop in place，landing with feet spread
10 Hop in place，landing with right leg crossed in front of left
11－12
Pivot on both feet one full turn to the left

## SHUFFLE \＆ROCK STEPS

13\＆14 Shuffle step forward（right left right）
15－16 Left foot rock step forward，rock back onto right foot
17\＆18 Shuffle step backward（left right left）
19－20 Right foot rock step backward，rock forward onto left foot
21\＆22 Shuffle step forward（right left right）
23－24 Left foot stomp together，right foot touch beside left foot
OUT－OUT，IN－IN，OUT－OUT，IN－IN（STAY ON THE BALLS OF YOUR FEET）
25\＆Right foot step back and to right，left foot step back and to left
26\＆Right foot step back and to center，left foot step together
27\＆Right foot step back and to right，left foot step back and to left
28\＆
Right foot step back and to center，left foot step together

## SIDE STEPS WITH HIPS

29－30 Right foot step wide to right，left foot slide together（slight turn to left when done）
31－32 Right hip bump to right twice
33－34 Left foot step wide to left，right foot slide together（slight turn to right when done）
35－36 Left hip bump to left twice

## MARCH \＆HIPS

37－40 March 4 steps making a half turn to the right（right left right left）
41－44 Right hip bump to right twice，left hip bump to left twice
45－48 Roll hips in two complete circles
CAMEL WALKS（DIAGONAL VINES）
49－50 Right foot step forward to right，left foot cross behind right foot
51－52 Right foot step forward to right，left foot scuff beside right foot
53－54 Left foot step forward to left，right foot cross behind left foot
55－56 Left foot step forward to left，right foot touch beside left foot

## 1－3／4 SPIN WHILE MOVING BACKWARD

57 Right foot step backward with $1 / 4$ turn to the right
58
Left foot step to right，crossing in front of right leg，with $1 / 2$ turn to the right
Right foot step to left，crossing behind left leg，with $1 / 2$ turn to the right
59
60
Left foot step to right，crossing in front of right leg，with $1 / 2$ turn to the right
REPEAT

## THE LAST 4 BEATS MAY BE SIMPLIFIED AS FOLLOWS:

57-58 Right foot step backward, left foot step backward with $1 / 4$ turn to the left
59-60 Right foot step together, left foot step to left
There are two "inserts" in this dance.

## INSERT \#1

1-2 With feet together, hop forward and back.
$3 \& 4 \quad$ With feet together, hop forward three times.
\&5 With feet together, hop back and forward
6-8 Pause with attitude
(If you can do a 2-foot stomp on each hop, it has a great effect!)
INSERT \#2
1-2 Right foot step forward, $1 / 4$ turn to the left
3\&4 Three hip bumps (right left right)
5-6 $\quad$ Right foot step forward, $1 / 4$ turn to the left
7\&8 Three hip bumps (right left right)
9-10 Pause with attitude
11-12 Continue pause with attitude
13 Right foot cross over left foot, landing on right toe
14-16 Pivot on both feet a full turn to the left
Now we get to the tricky instructions. The first 8 beats of guitar strums (right after the voice on the recording of "Outta Here" by Shania Twain says "3-4-5") are counted as 1 through 8 . When you finish counting off 5-6-7-8, begin dancing.
Wall 1: Beats 1-60 of the main dance
Wall 2: Beats 1-60 of the main dance
Wall 3: Beats 1-24 of the main dance
Insert \#1
Beats 29-60 of the main dance
Wall 4: Beats 1-24 of the main dance
Insert \#2
Beats 1-60 of the main dance
Wall 5: Beats 1-28 of the main dance
Insert \#1
Beats 29-60 of the main dance
Wall 6: Beats 1-24 of the main dance
Insert \#2
Beats 1-60 of the main dance
Wall 7: Beats 1-48 of the main dance
Insert \#1
Beats 11-16 of insert \#2

