

Outta My Heart (Get Out!)

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Johanna Barnes (USA) - April 2013
音乐: Get Out - Casey Abrams



(16 count intro)

[1~8]: L ROCK-RECOVER, WEAVE R, R ROCK-RECOVER, WEAVE L

- 1 L rock to left side (swing/roll hip left)
- 2 recover weight R
- 3 L step behind R
- & R step to right side
- 4 L step across R
- 5 R rock to right side (swing/roll hip right)
- 6 recover weight L
- 7 R step behind L
- & L step to left side
- 8 R step across L

[9~16]: L FWD ROCK-RECOVER, ½ SAILOR-STEP L, R KICK-BALL-STEP, R TRIPLE FWD

- 1 L rock forward
- 2 recover weight back to R
- 3 L low swing ½ left, stepping behind R (6:00)
- & R step slightly right
- 4 L step slightly left and forward
- 5 R kick forward
- & R step ball of foot slightly back
- 6 L small step forward
- 7 R step forward
- & L step behind (lock) R
- 8 R step forward

[17~24]: L CROSS, ¾ PIVOT R, ¼ BACK L LOCK, R ROCK-RECOVER, R ROCK ¼ CROSS

- 1 L cross over R
- 2 ¾ turn right, weight R (3:00)
- 3 L step back an 1/8 right
- & R step across L and 1/8 right (face 6:00)
- 4 L step back
- 5 R rock back
- 6 recover weight forward onto L
- 7 R step forward
- & turn ¼ left, weight L (face 3:00)
- 8 R step across L (this puts your hips on an angle facing 1:00)

[25~32]: LEFT FWD COASTER STEP, R BACK COASTER STEP, 4-1/2 TURNS R (OR 4 WALKS)

- & L step forward (to 1:00)
- 1 R step forward next to L (take weight R)
- 2 L step back
- 3 R step back
- & L step back next to R (take weight L)
- 4 R step forward (prep)

(*The next 4 counts head toward 1:00)

- 5 ½ turn right, stepping back onto L
- 6 ½ turn right, stepping forward onto R
- 7 ½ turn right, stepping back onto L
- 8 ½ turn right, stepping forward onto R

***Try variations for these last 4 counts based on the timing of the music:**

Walk L, R, L, R

Do first 2- ½ turns then walk L, R or

Walk L, R, then to 2- ½ turns, or

Double time walks, or

2, 2 count ½ turns on 5th phrase

Groove with your knees and/or shoulders!

[33~39 &]: L CROSS-BACK STEP, R CROSS-BACK STEP, DOUBLE TIME CROSS ROCK-SIDE (L, R)

- 1 L step across R
- & R step back, squaring up to 12:00
- 2 L step back and slightly out to L
- 3 R step across L
- & L step back
- 4 R step back and slightly out to R
- 5 L rock forward and across R
- & return weight to R
- 6 L step to left side
- & R rock forward and across L
- 7 return weight to L
- & R step to right side

[40~48]: L CROSS SHUFFLE R, R ROCK SIDE-RECOVER, ½ TURN-WEAVE, SWAYS OR STEP-TOUCHES, TOGETHER (&)

- 8 L step across R
- & R step slightly to right side
- 1 L step across R
- 2 R rock out to right side
- 3 return weight to L
- 4 R step behind L
- & ¼ turn left, forward onto L
- 5 * ¼ turn left stepping R to right side, sway right (face 6:00)
- 6 sway hips/weight left
- 7 sway hips/weight right
- 8 sway hips/weight left
- & step R next to L

***Alternately, on faster parts of music, (as in phrases 2, 4, 5, and 6),**

- 5 ¼ turn left, stepping onto R
- & touch L toes next to R
- 6 step L to left side
- & touch R toes next to L
- 7 step R to right side
- & touch L toes next to R
- 8 step L to left side
- & step R next to L

(BEGIN AGAIN, and most certainly DWYF!)

This step description is intended to be a guideline.

Dance demos and visual references may be found on the DanceWhatYouFeel YouTube channel.

<http://www.youtube.com/user/DanceWhatYouFeel>

Contact: Johanna@dancewhatyoufeel.com ~ www.dancewhatyoufeel.com ~ 203.464.5322
