

Out in the Sun

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Rosie Multari (USA) - 12 May 2024
音樂: Out In The Sun - Michael Franti & Spearhead : (Amazon.com)



Dedicated to Lala & Mimi

Start after 16 counts - NO TAGS OR RESTARTS

Section 1 [1-8] REGGAE STYLE TAPS R&L

- 1-4 Tap RF in place (1), tap RF to right side (2), tap RF a little further to right side (3), Return RF to center with weight (4)
5-8 Tap LF in place (5), tap LF to left side (6), tap LF a little further to left side (7), Return LF to center with weight (8) 12:00

Styling: Relax your knees as you do the taps, both arms bent at elbows, arms moving outward as you shrug shoulders

Section 2 [9-16] MAMBO R & L, CHASE ½ TURN, WALK

- 1&2 Rock forward on R (1), recover back on L (&), step back on R (2)
3&4 Rock back on L (3), recover forward on R (&), step forward on L (4)
5&6 Step forward on R (5), ½ pivot turn to left, weight on L (&), step forward R (6)
7,8 Walk forward L (7), R (8) 6:00

Styling: If the music moves you, add some shimmy or hip action as you walk

Section 3 [17-24] SYNCOPATED LOCK STEPS*, CROSS MAMBO, ¼ TURN LEFT

- 1&2&3&4 * Turn 1/8 left, stepping L forward (1), lock R behind L (&), step L forward (2) Lock R behind L (&), step L forward (3), lock R behind L (&), step L forward (4) 4:30
5&6 Cross rock R over L (5), recover on L (&), turn 1/8 right, stepping on R (6) 6:00
7,8 Touch L toe behind R (7), unwind ¼ left, putting weight on L (8) 3:00

***Easier option: 1&2&3&4 Step R next to L instead of locking behind L**

Section 4 [25-32] LOCK STEP BACK* R, L, OUT OUT/HOLD, SHIMMY SHAKE!

- 1&2 * Step back R (1), slide lock L across R (&), step back R (2)
3&4 * Step back L (3), slide lock R across L (&), step back L (4)
&5,6 Step R to right side (&), step L to left side (5), HOLD (6)
7&8 Shake & shimmy in place! styling: use your hips, arms & hands! 3:00

***Easier option: 1&2, 3&4 Shuffle back R, L, R and L, R, L**

Choreographers Note: The first half of the song has two 8 count tags & a restart after 16 counts = 32 counts. I decided to dance straight through, to offer a Beginner dance, without tags or restarts, that ends in the front! As my friend Maddison Glover says, You're Welcome!

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