

拍數: 32 牆數: 4 級數:
編舞者: Barry Amato (USA)
音樂: No News - Lonestar



OUT-OUT, IN-IN, HEEL, TOE, HEEL, TOE, ¼ TURN

- &1 Jump out with feet slightly apart stepping left-right
- 2 Clap
- &3 Jump out bringing feet together stepping left-right
- 4 Touch left heel forward and clap
- 5 Touch left toe behind
- 6 Touch left heel forward
- 7 Touch left toe behind
- 8 Pivot ¼ turn to the left placing weight on the left foot and touch right next to left all at the same time.

STEP, PIVOT ½, STEP, TOUCH, PIVOT ½, PIVOT ½, PIVOT ½, POLKA

- 9 Step forward on the right foot.
- 10 Pivot ½ turn to the left and place weight on left foot
- 11 Step forward on the right foot.
- 12 Bring left foot to the right and touch
- 13 Step out on the left as you do a ½ turn to the left
- 14 On the ball of the left foot, pivot ½ turn to the left and transfer your weight to the right
- 15 On the ball of the right foot, pivot ½ turn to the left, stepping out on the left foot to begin a triple step forward. (counts 15&16 are a triple step traveling forward.)
- &16 Complete triple step by sliding right foot to the left and then stepping out again on the left foot

STEP RIGHT, TOUCH/SNAP, PIVOT ½, TOUCH/SNAP, KICK, KICK, PIVOT ½, STEP

- 17 Step to the right on the right foot.
- 18 Touch the left next to the right foot and snap your fingers.
- 19 On the ball of the right foot, pivot ½ turn to the right and step out on the left foot.
- 20 Touch the right next to the left foot and snap your fingers.
- 21 Kick the right foot forward.
- 22 Kick the right foot forward again.
- 23 On the ball of the left foot, pivot ½ turn to the left as you kick your right foot behind.
- 24 Step forward on the right foot.

BACK TWO, COASTER STEP, KICK, KICK, PIVOT ½, STEP

- 25 Walk back on the left foot
- 26 Walk back on the right foot
- 27 Walk back on the left foot.
- &28 Walk back on the right foot and then step forward on the left foot.
- 29 Kick the right foot forward
- 30 Kick the right foot forward again.
- 31 On the ball of the left foot, pivot ½ turn to the left as you kick your right foot behind.
- 32 Step on the right foot next to the left

REPEAT