Outrageous

拍數: 0

級數: Advanced

編舞者: Alice Lim (SG)

音樂: Outrageous - Britney Spears

Sequence: AB, A, Tag, AB, AAAA, A(32 counts only), Tag

PART A	
&1-2	Right ball slightly back, left foot diagonally forward, right foot diagonally forward (legs apart)
3&	Right fingers touch left shoulder, right fingers touch right shoulder
4	Kick right foot to side (extend right arm to side, palm facing down & body slightly bending towards right while left fingers touch left shoulder with left elbow bent & pointing to side)
&5-6	Left foot next to right, left foot to side (legs apart) (punch right fist diagonally down) hold (punch left fist diagonally down)
&7-8	Pivot ½ turn left, right foot to side with ¼ turn left, hook left foot behind right foot (punch right fist vertically up)
&1-2	Left ball slightly back, right foot diagonally forward, left foot diagonally forward (legs apart)
3&	Circle right fist to the right in 2 small vertical circles
4	Swing both arms to left side, left palm facing 12:00 & right palm facing back (turn head sharply towards 12:00)
&5-6	Look up, head roll to look @ 6:00, turn head turn sharply towards 12:00
7&8	Right foot to side with ¼ left bumping hip right-left-right (12:00), (snap right fingers twice on 7, then 8)
&1-2	Left foot slightly back, right foot cross over left, left foot to side (legs apart)
&3-4	Right foot next to left, left foot to side, hold (head roll sharply to look @ 12:00)
&5&6	Right foot next to left (body face left diagonal), left foot to side, bend knees, push hips
	forward from right side to left (move lower arms to horizontal position right palm facing stomach, left palm facing 12:00)
7-8	Right foot forward facing 9:00, pivot 1/2 turn left (3:00)
&1-2&	Right foot together, left foot forward, right heel forward, push buttocks backward bending body forward
3&4&	Move fists up down up down starting with right up
5&6	Punch right fist out to right side, slap right buttock with right hand 2x (&6)
&7&8	Right foot together straightening body, left foot kick forward, left foot ¼ turn to left, right foot touch beside left
PART B	
&1-2	Right foot diagonally back, left foot diagonally back (legs apart), swivel ¼ turn left (weight on left foot) (right hand throw basket ball)
3&4	Right foot low kick forward, right foot together, left foot low kick forward
&5-6	Left foot next to right with ¼ turn left, right foot touch to side, ¼ turn to right & step right foot forward bending knees slightly
7&	Punch right fist forward, punch left fist forward
8	Pivot ½ turn left maintaining bent knees (9:00) (stretch right lower arm forward, palm facing up & left hand supporting right elbow)
&1-2	Right foot together, left foot forward, right foot forward (still maintaining bent knees) (swing left fist to the back keeping arm straight)
3	Head roll from 9:00 to 3:00 while turning body 1/2 left (3:00)





牆數:2

4	Right foot to side making ¼ turn left (12:00)
5&6	Sailor cross making ½ turn left (6:00)
&7&8	Right foot slightly back, left heel forward, left foot together., right foot touch beside left (punch right out to side)
TAG	
&1-2	Right foot slightly back, left foot cross over right, right foot to side
&3-4	Left foot slightly back, right foot cross over left, unwind ½ turn left (weight on right foot)
5&6	Shuffle left-right-left towards 10:00
7&8	Shuffle right-left-right towards 2:00
9-16	Repeat above steps but start with left foot & end with left shuffle (towards 4:00)