

Outta M' Mind

拍數: 48 牆數: 4 級數: Intermediate
編舞者: William Sevone (UK)
音樂: Tryin' To Forget You - Candy Kane & Earl Thomas



4X ROCK-RECOVER

1-2 Rock forward onto right foot, recover onto left foot
3-4 Rock backward onto right foot, recover onto left foot
5-6 Rock forward onto right foot, recover onto left foot
7-8 Rock back onto right foot, recover onto left foot

FORWARD SHUFFLE, HEEL SWITCH, 2X SAILOR SHUFFLES

9&10 Step forward onto right foot, step left foot next to right, step forward onto right foot
11&12 Touch left heel diagonally forward, step right foot back to center, touch right heel diagonally forward
13&14 Step right foot behind left, step left foot to side, step right foot to side
15&16 Step left foot behind right, step right foot to side, step left foot to side

ONE AND ¾ TURNS RIGHT, HEEL SWITCH, STEP BEHIND, ¼ LEFT, STEP FORWARD

17& (Moving left) turn ¾ right on ball of left foot stepping forward onto right foot, step forward onto left foot
18 (Moving forward) turn full turn right on ball of left foot - stepping forward onto right foot
19&20 Touch left heel diagonally forward left, step right foot back to center, touch right heel diagonally forward right
21-22 Step right foot behind left, turn ¼ left & step forward onto left foot

FORWARD SHUFFLE, 4X ROCK-RECOVER

23&24 Step forward onto right foot, step left foot next to right, step forward onto right foot
25-26 Rock forward onto left foot, recover onto right foot
27-28 Rock backward onto left foot, recover onto right foot
29-30 Rock forward onto left foot, recover onto right foot
31-32 Rock backward onto left foot, recover onto right foot

TOUCH BEHIND, ¾ LEFT, RIGHT CHASSE, BACKWARD ROCK, RECOVER

33-34 Touch left toe behind left, turn ½ left on ball of right foot & step forward onto left
35&36 Turn ¼ left on left foot & step right foot to side, step left foot next to right, step right foot to side
37-38 Rock backward onto left foot, recover onto right foot

LEFT CHASSE, BACKWARD ROCK, RECOVER, HEEL SWITCH, STEP, SHUFFLE FORWARD, STEP FORWARD

39&40 Step left foot to side, step right foot next to left, step left foot to side
41-42 Rock backward onto right foot, recover onto left foot
43&44 Touch right heel diagonally forward right, step right foot back to center, touch left heel diagonally forward left
45 Step left foot back to center
46&47 Step forward onto right foot, step left foot next to right, step forward onto right foot
48 Step forward onto left foot

REPEAT

Variation: in place of counts 17& - 18, step right foot behind left, step left foot to side with ¼ left, step forward onto right foot.

