

Step Out

Count: 32

Wall: 4

Level: Beginner

Choreographer: Malene Jakobsen, Denmark June 2019

Music: Step Out by J. Red. Album: Step N Out, iTunes, 108 BPM

Intro: 32 counts from the beginning 18 sec. seconds into track, dance begins with weight on L

[1-8] Side, kick, kick, side, hip bumps, kick

1-2-3-4 (1) Step R to R, (2-3) kick L fwd. twice, (4) step L to L 12.00
5-6-7-8 (5-6-7) Bump your hips L, R, L, (8) kick R fwd. 12.00

[9-16] Side, hip bumps, clap, side, cross, side, cross

1-2-3-4 (1) Step R to R, (2-3) bumps hips R, L, (4) clap 12.00
5-6-7&8 (5) Step R to R, (6) cross L over R, (7) step R to R, (8) cross L over R 12.00

[17-24] Paddle 1/8, paddle 1/8, *wiggle down'

1-2-3-4 (1) Step R to R, (2) turn 1/8 L, (3) step R to R, (4) turn 1/8 L 9.00
5-6-7-8 (5-6-7-8) Bend knees slowly and wiggle down over 4 counts 9.00

[25-32] *Wiggle up', rocking chair

1-2-3-4 (1-2-3-4) Straighten slowly and wiggle up over 4 counts – make sure weight is on L when done 9.00
5-6-7-8 (5) Rock fwd. on R, (6) recover onto L, (7) rock back on R, (8) recover onto L 9.00

NOTE The 'wiggling' – doesn't matter how much you bend your knees, you can do what is best for you as long as you go downwards and then up again. Just have fun with it 😊

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