

Zone Out ()

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Count: 64 **Wall:** 2 **Level:** Intermediate

Choreographer: Malene Jakobsen, Denmark (July 10)

Music: Club Can't Handle Me by Flo Rida Feat David Guetta (CD: 132bpm)

32 counts from the beginning beat, 15

sec. into track - dance begins with weight on L 32 (15)

Out, Out, R Heel Swivel, L Heel

Swivel, Together, Back, Together, Side

, , , ,

1-2

(1) Step diagonally out on R, (2) step diagonally out on L [12.00]

, (12)

&3&4

(&) Swivel R heel inwards, (3) swivel back, (&) swivel L heel

inwards, (4) swivel back - weight on L [12.00]

, , , (12)

5-8

(5) Step R next to L, (6) step back on L, (7) step R next to L, (8) step

L to L side [12.00] , , , (12)

Together, Clap Bum, Clap Thighs, Clap

Hands, Forward Jump Thrust, Jump Back, Hip Bumps □ , □□ , □□ , □□ , □□ , □□ , □□

1-2

(1) Step R next to L, (2) clap your bum with both hands [12.00]

□□□□ , □□□□ (□□ 12□□)

3-4

(3) Clap your thighs with both hands, (4) clap hands [12.00]

□□□□ , □□ (□□ 12□□)

5

(5) Jump forward [12.00]

□□□ (□□ 12□□)

Arms:

□□

As you jump forward thrust hips forward pushing arms down along side of

your body □□□ , □□□□□□□□

6

(6) jump back - weight on R and ball of L touched next to R [12.00]

□□□□□□□□□□ (□□ 12□□)

ARMS:

□□

As you jump back, tighten fists and place arms across your stomach L

fist on top of R fist □□□ , □□□□□□□□ , □□□□□

&7&8

(&7&8) Bump hips L, R, L, R - always keeping weight on R [12.00]

□□ -□ , □ , □ , □ , □□□□□□□□ (□□ 12□□)

Arms:

□□

Roll your hands around each other anticlockwise as you do the hip bumps

- just like what is done in first verse of the children song “The wheels on

the bus go round and round”

□□□□□□□□ , □□□□□□□□□□□□□□

□□□

Shuffle Back, ½ Shuffle, Step Turn

Step, Touch

□□□ , □□□ , □ □ □ □

1&2

(1)Step back on L, (&) step R next to L, (2) step back

on L [12.00]

□□□□ , □□□□ , □□□□ (□□ 12□□)

3&4

(3) Turn ½ R stepping forward on R, (&) step L next to R, (4) step

forward on R [6.00] □□ 180□□□□□□ , □□□□ , □□□□ (□□ 6□□)

5-6

(5) Step forward on L, (6) turn ½ R [12.00]

□□□□ , □□ 180□ (□□ 12□□)

7-8

(7) Step forward on L, (8) touch R next to L [12.00]

□□□□ , □□□□ (□□ 12□□)

□□□

Side, Together, Chasse, Syncopated

Vine With Cross, Side

□ , □ , □□□ , □□□□□□□□ , □

1-2

(1) Step R to R side, (2) step L next to R [12.00]

□□□□ , □□□□ (□□ 12□□)

3&4

(3) Step R to R side, (&) step L next to R, (4) step R to R side [12.00]

□□□□ , □□□□ , □□□□ (□□ 12□□)

5-6

(5) Step L to L side, (6) cross R behind L [12.00]

□□□□ , □□□□□□□□ (□□ 12□□)

&78

(&) Step L to L side, (7) cross R over L, (8) step L to L side [12.00]

□□□□ , □□□□□□□□ , □□□□ (□□ 12□□)

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mso-font-kerning:0pt">

mso-font-kerning:0pt">Back Rock, ¼ Shuffle, Ball Side, Cross, Back, ¼

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">, 1/4□□□ , □

□ ,

mso-font-kerning:0pt">□□

mso-font-kerning:0pt">, □ , □ 1/4

1-2

(1) Rock back on R, (2) recover onto L [12.00]

□□□□ , □□□□ (□□ 12□□)

3&4

(3) Turn ¼ L stepping R to R side, (&) step L next to R, (4) step R

to R side [9.00] □□ 90□□□□ , □□□□ , □□□□ (□□ 9□□)

&5

(&) Step L next to R, (5) step R to R side [9.00]

□□□□ , □□□□ (□□ 9□□)

Note:

On counts 3&4&5, you'll be changing places - back against back

with your co-dancer 3&4&5□□□□□□□□ , □□□□

6-8

(6) Cross L over R, (7) Step back on R, (8) turn ¼ L stepping slightly

forward on L [6.00]

□□□□□□□□□□ , □□□□ , □□ 90□□□□ (□□ 6□□)

Note:

On count 7 - it 's important that you do take a step back., it'll make

you face your co-dancer again 7 ,

mso-font-ker...>

mso-font-ker...>

mso-font-ker...>Heel Switches, Ball, Step Turn, Heel Switches, Ball,

Step Turn

mso-font-ker...> ,

,

mso-font-ker...> ,

1&2&

(1) Touch R heel forward, (&) step R next to L, (2) touch L heel

forward, (&) step L next to R [6.00]

, , , (6)

3-4

(3) Step forward on R, (4) turn 1/2 L [12.00]

, 180 (12)

5&6&

(5) Touch R heel forward, (&) step R next to L, (6) touch L heel

forward, (&) step L next to R [12.00]

, , , (12)

7-8

(7) Step forward on R, (8) turn ½ L [6.00]

□□□□ , □□ 180° (□□ 6□□)

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Touch Steps With Hips, Clap Twice, Clap Thighs,

Shoulder Pops

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1&2

(1)Touch R toes forward pushing hips diagonally forward,

(&) bring hips back, (2) step down on R [6.00]

□□□□□□□□ , □□□ , □□□ (□□ 6□□)

3&4

(3) Touch L toes forward pushing hips diagonally forward, (&) bring

hips back, (4) step down on L [6.00]

□□□□□□□□ , □□□ , □□□ (□□ 6□□)

5&6

(5&) Raise both hands to clap the person's opposite you twice, (6)

clap both hands on your thighs [6.00]

□□□□□□□□ , □□□□□ (□□ 6□□)

7&8

(7) Raise R shoulder, (&) raise L shoulder dropping R shoulder, (8)

raise R shoulder dropping L shoulder [6.00]

□□□ , □□□ , □□□ (□□ 6□□)

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Shuffle Back, Back Mambo Step, Point, Together, Point,

Together

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">, □□□ , □

□ ,

mso-font-kerning:0pt">□ □

mso-font-kerning:0pt">

1&2

(1) Step back on R, (&) step L next to R, (2) step back

on R [6.00]

□□□□ , □□□□ , □□□□ (□□ 6□□)

3&4

(3) Rock back on L, (&) recover onto R, (4) step L next to R [6.00]

□□□□□ , □□□□ , □□□□ (□□ 6□□)

5-6

(5) Point R to R, (6) step R next to L [6.00]

□□□□ , □□□□ (□□ 6□□)

7-8

(7) Point L to L, (8) step L next to R [6.00]

□□□□ , □□□□ (□□ 6□□)

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=10390