

Lash Out

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

Choreographer: Carlton Thompson - June 2018

Music: Alice Merton - Lash Out

Section 1:

1-2: Step R ft. forward, Step L ft. forward.

&3-4: Step R ft. diagonally back to right side, make $\frac{1}{4}$ turn left leading with L ft. forward (9:00), Step R ft. forward.

5-6: Pivot $\frac{1}{2}$ turn right with L ft. (3:00), Step R ft. back.

&7-8: Step L ft. next to R ft., Step R ft. forward, Step L ft. forward

Section 2:

1-2: Ball-Step (Rock-Step) R ft. forward, Hold.

&3-4: Pivot $\frac{1}{2}$ turn left by bring R ft. to center to turn left (9:00), Ball-Step L ft. forward, Recover back on R ft.

5&6: (Sailor-Step) Cross L ft. behind R ft., Step R ft. to right side, Step L ft. to left side.

7&8: (Sailor-Step) Cross R ft. behind L ft., Step L ft. to left side, Step R ft. to right side.

Section 3:

1-2: Ball-Step (Rock-Step) L ft. forward, Recover back on R ft.

&3-4: Step L ft. next to R ft., Step R ft. forward, Recover back on L ft.

&5&6: Step R ft. next to L ft., Toe-Touch L ft. next to R ft., Make $\frac{1}{4}$ turn left by stepping on L ft. (6:00), Toe-Touch R ft. next to L ft.

&7&8: Make $\frac{1}{4}$ turn left by stepping down on R ft. (3:00), Heel-Touch L heel forward, Step L ft. next to R ft., Toe-Touch R ft. next to L ft.

Section 4:

1-2&: Step R ft. diagonally forward to the right (45 degrees), Lock L ft. behind R ft., Step R ft. down.

3-4&: Step L ft. diagonally forward to the left (45 degrees), Lock R ft. behind L ft., Step L ft. down.

5-6: Pivot $\frac{1}{2}$ turn left by stepping on R ft. (9:00), Step L ft. down center.

7-8: Pivot $\frac{1}{2}$ turn left by stepping on R ft. (3:00), Step L ft. down center.

Section 5:

1-2: **Make $\frac{1}{4}$ turn left by leading with R ft. to right side (12:00), Step L ft. down.

3&4: (Sailor-Step) Cross R ft. behind L ft., Step L ft. to left side, Step R ft. to right side.

5&6: (Sailor-Step) Cross L ft. behind R ft., Step R ft. to right side, Step L ft. to left side.

7-8: Cross-Step R ft. behind L ft. Make $\frac{1}{8}$ turn to left by leading forward on L ft. (11:00)

Section 6:

1-2: Lift and Swing R leg over and across left leg, Swing R ft. back towards center floor.

3&4: (Sailor-Step) Cross R ft. behind L ft., Step L ft., to left side, Step R ft. to right side.

5&6: (Sailor-Travel) Cross L ft. behind R ft., Make $\frac{1}{4}$ turn to right by stepping R ft. to right side (2:00), Step L ft. forward.

7-8: Step R ft. forward, Pivot $\frac{1}{2}$ turn right leading with L ft. forward (7:00).

Section 7:

1-2: Step R ft. forward, Step L ft. forward.

3&4: (Triple-Step Half Turn Left) Make $\frac{1}{4}$ turn left by stepping R ft. to right side, Step L ft. next to R ft., Make $\frac{1}{4}$ turn left by stepping R ft. back (2:00).

5-6: Make $\frac{1}{2}$ turn left leading with L ft. (7:00), Make $\frac{1}{2}$ turn left leading with R ft. (2:00).

7&8: (Triple-Step Half Turn Left) Make $\frac{1}{4}$ turn left by stepping L ft. back, Step R ft. next to L ft., Make $\frac{1}{4}$ turn left by stepping L ft. forward (6:00).

Section 8:

&1-2: Jump ½ turn left leading with R ft., Step L ft. to left side, hold (12:00).

&3-4: Jump ½ turn left leading with R ft., Step L ft. to left side, hold (6:00).

&5-6: Jump ½ turn left leading with R ft., Step L ft. to left side, hold (12:00).

&7-8: Jump ½ turn left leading with R ft., Step L ft. to left side, hold (6:00).

Tag Line:

On Wall 2 - Section 8 - Drop those 8 counts and walk instead for a total of 16 counts.

Wall 2 (Section 8)

1-8: Walk R, L, R, L...

Section 1

1-8: Walk R, L, R, L... To face front wall (12:00)

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