

OUT AND ABOUT

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Count: 52 **Wall:** — **Level:** —

Choreographer: Selena Webber

Music: Mi Vida Loca by Pam Tillis

- 1-4** Right heel to side, right toe to side, right heel to side, hitch left turn $\frac{1}{4}$ turn left
- 5-8** Vine backwards (right-left-right) hitch left
- 9-12** Step left forward, lock right behind left, step left forward, turn $\frac{1}{4}$ turn left step right to right side
- 13-14** Step onto left turn $\frac{1}{4}$ turn left, step onto right turn $\frac{1}{4}$ turn left (feet slightly apart, right hip to right side)
- 15-16** Hips (left, right)
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- 17-20** Step back on left, step right forward, step left forward turn $\frac{1}{2}$ turn right, hitch right leg
- 21-24** Vine right (right-left-right) stomp left
- 25-28** Moving twist to left (heels, toes, heels, toes turning $\frac{1}{4}$ turn left)
- 29-32** Step left across right, kick right to side, step right across left, kick left to side
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- 33-36** Step left to side, turn $\frac{1}{2}$ turn left on ball of left foot, step right to side, turn $\frac{3}{4}$ turns left on ball of right foot
- 37-40** Step left to side, right together & clap, step right to side, left together & clap
- 41-44** Step left to side, swing left arm out onto left thigh, step right to side, swing right arm out onto right thigh
- 45-48** Twist down (bend knees left, right), twist up (straighten knees left, right)
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- 49-52** Step left to left, turn $\frac{1}{2}$ turn left on left foot, step right foot to side, step left foot behind right foot, kick left

REPEAT