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OUT OF YOUR SHOES

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MUSIC: MP3 Download Amazon.com “Out Of Your Shoes” Artist: Lorrie Morgan

FOOTWORK: Opposite For Woman Except Where Noted

NOTE: May use [Option fwd/lck/fwd – or – bk/lck/bk] where applicable

RHETMY: RUMBA

DANCE LEVEL: Phase V

SPEED: 48 RPM

RELEASED: FEB 2011

SEQUENCE: INTRO – A – B – INT – A – B (MOD) - END

INTRO

1 – 4

IN BTFY FCNG WALL WAIT;; ALEMANA – LFT HND STAR;;

(Alemana – Lft Hnd Star) Fwd L, rcvr R, sd L; rlsng trail hnds cross R bhnd, rcvr L, trng ¼ rt fc fwd R to LFT HND STAR; (Woman bk R, rcvr L, sd R;) trng ½ rt fc undr lead hnds cross L in fmrn, trng ½ rt fc rcvr R to BTFY, trng ¼ rt fc bk L –;)

5 – 8

UMBRELLA TRNS – HND SHK;;;;

(Umbrella Trns) Fwd L, rcvr R, bk L; (Woman bk R, trng ½ rt fc undr arched hnds fwd L, bk R;) bk R, trng ½ rt fc undr arched hnds fwd R, bk R to Lt OLRD; (Woman bk L, trng ½ rt fc undr arched hnds fwd L, bk L;) bk L, trng ½ rt fc undr arched hnds fwd R, bk L to L OLRD; (Woman bk R, trng ½ rt fc undr arched hnds rcvr R, bk R;) bk R, trng ¼ rt fc fwd L to HND SHK/WALL, sd R;

PART A

1 – 10

OPEN HIP TWST; FAN; HCKYSTIK;;;; HND TO HND – TWICE;; OPEN BRK; WHIP – CTR; FNCLINE – TWICE;;

(Open Hip Twst) Fwd L, rcvr R, bk L; (Woman trng ¼ rt fc bk R, trng ¼ rt fc rcvr R, fwd-swiv R ¼ rt fc to fc LOD;) (Fan) Bk R, rcvr L, clo R to FAN POSITION; (Woman fwd L, chng to lead hnds & trng ½ rt fc sd & bk R, bk L;) (Hckystik) Fwd L, rcvr R, clo L; (Woman trng ¼ rt fc bk R, trng ½ rt fc rcvr R to BTFY, sd L;) rlsng trail hnds trng ¼ rt fc bk R, trng ¼ rt fc rcvr R to BTFY, sd L; (Hnd To Hnd – Twice) Rlsng lead hnds trng ¼ rt fc bk L, trng ¼ rt fc rcvr R to BTFY, sd L; rlsng trail hnds trng ¼ rt fc bk R, trng ¼ rt fc rcvr R to BTFY, sd L;

11 – 16

ALEMANA TO HIS RT SD;; LARIAT – BTFY;; OPEN BRK; WHIP – WALL;

(Alemana To His Rt Sd) Fwd L, rcvr R, sd L; rslng trail hnds cross R bhnd, rcvr L, sd R to LOPN/WALL; (Woman bk R, rcvr L, sd R; trng ½ rt fc undr lead hnds cross L in fmrn, trng ½ rt fc rcvr R to BTFY, fwd L to His Rt Sd;) (Lariat) Sd L, rcvr R, clo L; sd R, rcvr L, clo R to BTFY/WALL; (Woman with lead hnds in’d work arnd Man’s rt sd fwr R, fwr L, fwr R, fwr L, fwr L, fwr R, fwr L;) (Open Brk) Rslng trail hnds bk L shooting rt arm straight up, rcvr R to BTFY, sd L;

PART B

1 – 7

SHLDR TO SHLDR; SPT TRN; ½ BASIC – BJO; TORNILLO WHL;; BK ½ BASIC – BTFY; FNCLINE;

(Shldr To Shldr) Staying in BTFY/WALL cross L in fmrn (Woman cross R bhnd), rcvr R, sd L; (Spt Trn) Rslng hnds trng ½ rt fc thru R, pvtn ½ rt fc rcvr L to BTFY/WALL, sd R; (½ Basic – Bjo) Fwd L, rcvr R, bk L to BJO/WALL; (Tornillo Whl) Staying in BJO (Woman with lift ft up to rt knee wgt on toe of R) trng ½ rt fc curve fwr R, fwr L, fwr R; trng ½ rt fc curve fwr L, fwr R, fwr L; (Bk ½ Basic – BtFY) Bk R, rcvr L, fwd R to BTFY/WALL;

8 – 14

SPT TRN – HND SHK;; OPEN HIP TWST; FAN; STOP N’ GO HCKYSTIK;; ALEMANA FRM FAN;;

(Spt Trn – Hnd Shk) Rslng hnds trng ½ rt fc thru R, pvtn ½ rt fc rcvr L to HND SHK/WALL, sd R; (Open Hip Twst) Fwd L, rcvr R, bk L; (Woman trng ¼ rt fc bk R, trng ¼ rt fc rcvr L, trng ¼ rt fc to fc LOD;) (Fan) Bk R, rcvr L, clo R to FAN POSITION; (Woman fwd L, chng to lead hnds & trng ½ rt fc sd & bk R, bk L;) (Stop N’ Go Hckystik) Fwd L, rcvr R, clo L; catch Woman on her back with rt hnd cross R in fmrn, rcvr L, clo R to FAN POSITION; (Woman clo R to L, fwr L, trng ¼ rt fc fwd R to fc Man;-; trng ½ rt fc undr lead hnds cross L in fmrn, trng ½ rt fc rcvr R to BTFY, sd L;)

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INT

1 – 4
TO RVS AIDA;  SWITCH;  CIR AWY -3;  BK TOG -3 – HND SHK;

(To Rvs Aida) Cross lead hnds ovr trail hnds trng ¼ rt fc thru L, rlsng lead hnds & trng 5/8 lft fc bk R to “V” bk to bk position, bk L to fc LOD.;  (Switch) Arcing trail hnds up & twds RLOD trng 5/8 lft fc to fc Ptnr sd R to BTFY/WALL, rcvr L, twds LOD thru R.;  (Cir Aawy -3) Rlsng hnds trng 3/8 lft fc fwd L, clo R, fwd L.;  (Bk Tog -3 – Hnd Shk) Trng 3/8 lft fc fwd R, clo L, fwd R to HND SHK/WALL-

REPEAT PART  “A”

PART B (MOD)

1 – 7
SHLDR TO SHLDR;  SPT TRN;  ½ BASIC – BJO;  TORNILLO WHL;;  BK ½ BASIC – BTFY;  FNCLINE;

(Shldr To Shldr) Staying in BTFY/WALL cross L in fmrnt (Woman cross R bhnd), rcvr R, sd L.;  (Spt Trn) Rlsng hnds trng ½ lft fc thru R, ptng ½ lft fc rcvr L to BTFY/WALL, sd R.;  (½ Basic - Bjo) Fwd L, rcvr R, bk L to BJO/WALL.;  (Tornillo Whl) Staying in BJO (Woman with lft ft up to rt knee wgt on toe of R) trng ½ rt fc curve fwd R, fwd L, rcvr R, sd L.;  (Bk ½ Basic - Btfy) Bk R, rcvr L, fwd R to BTFY/WALL.;  (Fncline) Staying in BTFY/WALL thru-lunge L, rcvr R, sd L.;

8 – 14
SPT TRN – HND SHK;  OPN HIP TWST;  FAN;  STOP N’ GO HCKY STIK;;  ALEMANA FRM FAN;;

(Spt Trn – Hnd Shk) Rlsng hnds trng ½ lft fc thru R, ptng ½ lft fc rcvr L to HND SHK/WALL, sd R.;  (Opn Hip Twst) Fwd L, rcvr R, bk L.;  (Woman trng ¼ rt fc bk R, trng ¼ lft fc rcvr L, fwd-swiv R ¼ rt fc to fc LOD) (Fan) Bk R, rcvr L, clo R to FAN POSITION.;  (Woman fwd L, chng ng to lead hnds & trng ½ lft fc sd & bk R, bk L.) (Stop N’ Go Hckystik) Fwd L, rcvr R, clo L.;  catch Woman on her back with rt hnd cross R in fmrnt, rcvr L, clo R to FAN POSITION.;  (Woman clo R, fwd L, trng ½ lft fc undr lead hnds bk R.;  bk L, rcvr R, trng ½ rt fc undr lead hnds bk L.) (Alemana Frm Fan) Fwd L, rcvr R, sd L.;  rslng trail hnds cross R bhnd, rcvr L, sd R to BTFY/WALL.;  (Woman clo R to L, fwd L, trng ¼ rt fc fwd R to fc Man.;  trng ¼ rt fc undr lead hnds cross L in fmrnt, trng ½ rt fc rcvr R to BTFY, sd L.);

15 - 17
HND TO HND – TWICE;;  ½ BASIC;

(Hnd To Hnd – Twice) Rlsng lead hnds trng ¼ lft fc bk L, trng ¼ rt fc rcvr R to BTFY, sd L.;  rlsng trail hnds trng ¼ rt fc bk R, trng ¼ lft fc rcvr L to BTFY, sd R.;  (½ Basic) Fwd L, rcvr R, bk L.;

END

1 – 5
TO RVS ONE SLO MERENEGUE;  OPN BRK;  WHIP – CTR;  TO LOD AIDA & HOLD;;

(To Rvs One Slo Merengue) Swiv R.;  drw-clo L.;  (Opn Brk) Rlsng trail hnds bk L shooting rt arm straight up, rcvr R to BTFY, sd L.;  (Whip – Ctr) Cross trail hnds ovr lead hnds trng ¼ lft fc bk R, trng ¼ lft fc fwd L to BTFY/COH, sd R.;  (Woman crossing in fmrnt of Man fwd L, trng ½ lft fc bk R to BTFY, sd L.) (To Lod Aida & Hold) Cross lead hnds ovr trail hnds trng ¼ lft fc thru L, rlsng lead hnds & trng 5/8 lft fc bk R to “V” bk to bk position, bk L to fc RLOD & Hold.;