

Look Out

32 count, 4 wall, beginner/intermediate level
Choreographer: William Sevone Sep 05.
Choreographed to: Look out Mabel by The Big Town
Playboys ("Roll The Dice") (116/132 bpm)

Choreographers note:- The music is pure Rockabilly blues.
Though the dance is quite tight and moves at a fair old pace there is still room for individual styling.
To also create a different 'feel' to the dance, try some of the alternative pieces of music listed.
Section three may take some dancers by surprise – due to them having to 'put the brakes on'.
It also serves as a 'pit stop' to possibly regain their breath.
Ideally suited for the established Advanced Beginner within the new levels.

Dance starts on the word 'Look' as in 'Wellllll...look out Mabel' just after the intro.
Feet slightly apart and weight on the left foot.

2x Steps with Expression-Chasse (12:00)

1 – 2 (Important: read Dance notes). Step onto right foot. Step onto left foot.
3& 4 Chasse right – stepping R-L-R.
5 – 6 (Important: read Dance notes). Step onto left foot. Step onto right foot.
7& 8 Chasse left – stepping L-R-L.

Dance notes: Counts 1-2 and 5-6: The 'steps' are on the spot – not travelling, also the 'steps' are performed with the foot pointing inward – also emphasise move with use of the hips.

2x ¼ Step Fwd-Pivot ¾-Chasse (12:00)

9 – 10 Turn ¼ left & step forward onto right foot. Pivot ½ left (weight on left foot)
11& 12 Turn ¼ left & Chasse Right – stepping R-L-R.
13 – 14 Turn ¼ right & step forward onto left foot. Pivot ½ right (weight on right foot)
15& 16 Turn ¼ right & Chasse left – stepping L-R-L.

Dance note: The Chasse's are 'shallow' (short stepped).

Behind. Side. 2x Modified Jazz Box (12:00)

17 – 18 Cross right foot behind left. Step left foot to let side.
19 – 20 Cross step right foot over left. Step backward onto left foot.
21 – 22 Step right foot diagonally forward right. Cross step left foot over right.
23 – 24 Step backward onto right foot. Step left foot diagonally forward left.

Dance note: Counts 19 to 24: Figure of eight.

Alternative Section 3

Behind. Side. Cross-Back-Side. Cross Rock. Recover. Side-Front-Fwd (12:00)

17 – 18 Cross right foot behind left. Step left foot to let side.
19& 20 Cross step right foot over left, step backward onto left foot, step right foot to right side.
21 – 22 Cross rock left foot over right. Rock onto right foot.
23& 24 Step left foot to left side, step right foot in front of left, step forward onto left foot.

Walk Fwd: R-L. Coaster Step. Walk Bwd: L-R. ¼ Right Coaster Step (3:00)

25 – 26 Walk forward: Right. Left.
27& 28 Step forward onto right foot, step left foot next to right, step backward onto right foot.
29 – 30 Walk backward: Left. Right.
31& 32 Step backward onto left foot, step right foot next to left, turn ¼ right & step forward onto left foot.

Dance note: If you find it comfortable, try turning the toes inward for all this section.

Other suggested music:	Elvis Presley	Wear my ring around your neck (104/208 bpm)
	Brooks & Dunn	Play something country (115 bpm)
	William Bell	Never like this before (122 bpm)
	Miriam Makeba	Pata Pata (127 bpm)
	Lonestar	Wild (132 bpm)
	Trisha Yearwood	It's alright (146 bpm)
	'Eddie & The Cruisers'	Some like it hot (154 bpm)