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Zone Out

64 Count, 2 Wall, Intermediate, Contra Choreographer: Malene Jakobsen (DK) July 2010 Choreographed to: Club Can't Handle Me by Flo Rida feat. David Guetta (132 bpm)

Intro: 32 counts from the beginning beat, 15 sec. into track - dance begins with weight on L

1-8 1-2 &3&4 5-6-7-8	Out, out, R heel swivel, L heel swivel, together, back, together, side (1) Step diagonally out on R, (2) step diagonally out on L (&) Swivel R heel inwards, (3) swivel back, (&) swivel L heel inwards, (4) swivel back - weight on L (5) Step R next to L, (6) step back on L, (7) step R next to L, (8) step L to L side
9-16 1-2 3-4 5 ARMS: 6 &7&8 ARMS:	Together, clap bum, clap thighs, clap hands, forward jump thrust, jump back, hip bumps (1) Step R next to L, (2) clap your bum with both hands (3) Clap your thighs with both hands, (4) clap hands (5) Jump forward As you jump forward thrust hips forward pushing arms down along side of your body (6) jump back - weight on R and ball of L touched next to R ARMS: As you jump back, tighten fists and place arms across stomach L fist on top of R fist (&7&8) Bump hips L, R, L, R - always keeping weight on R 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"
17-24 1&2 3&4 5-6 7-8	Shuffle back, 1/2 shuffle, step turn step, touch (1) Step back on L, (&) step R next to L, (2) step back on L (3) Turn 1/2 R stepping forward on R, (&) step L next to R, (4) step forward on R (6.00) (5) Step forward on L, (6) turn 1/2 R (12.00) (7) Step forward on L, (8) touch R next to L
25-32 1-2 3&4 5-6 &7-8	Side, together, chasse, syncopated vine with cross, side (1) Step R to R side, (2) step L next to R (3) Step R to R side, (&) step L next to R, (4) step R to R side (5) Step L to L side, (6) cross R behind L (&) Step L to L side, (7) cross R over L, (8) step L to L side
33-40 1-2 3&4 &5 NOTE: 6-7-8 NOTE:	Back rock, 1/4 shuffle, ball side, cross, back, 1/4 (1) Rock back on R, (2) recover onto L (3) Turn 1/4 L stepping R to R side, (&) step L next to R, (4) step R to R side (9.00) (&) Step L next to R, (5) step R to R side On counts 3&4&5, you'll be changing places - back against back with your co-dancer (6) Cross L over R, (7) Step back on R, (8) turn 1/4 L stepping slightly forward on L (6.00) On count 7 - it 's important that you do take a step back., it'll make you face your co-dancer again
41-48 1&2& 3-4 5&6& 7-8	Heel switches, ball, step turn, heel switches, ball, step turn (1) Touch R heel forward, (&) step R next to L, (2) touch L heel forward, (&) step L next to R (3) Step forward on R, (4) turn 1/2 L (12.00) (5) Touch R heel forward, (&) step R next to L, (6) touch L heel forward, (&) step L next to R (7) Step forward on R, (8) turn 1/2 L (6.00)
49-56 1&2 3&4 5&6 7&8	Touch steps with hips, clap twice, clap thighs, shoulder pops (1) Touch R toes forward pushing hips diagonally forward, (&) bring hips back, (2) step down on R (3) Touch L toes forward pushing hips diagonally forward, (&) bring hips back, (4) step down on L (5&) Raise both hands to clap the person's opposite you twice, (6) clap both hands on your thighs (7) Raise R shoulder, (&) raise L shoulder dropping R shoulder, (8) raise R shoulder dropping L shoulder
57-64 1&2 3&4 5-6 7-8	Shuffle back, back mambo step, point, together, point, together (1) Step back on R, (&) step L next to R, (2) step back on R (3) Rock back on L, (&) recover onto R, (4) step L next to R (5) Point R to R, (6) step R next to L (7) Point L to L, (8) step L next to R