



Dance: **Out For The Weekend**
 Type: 32 Count, 4 Wall, Improver
 Choreographer: Amund Storsveen (NOR), May 2023
 Choreographed to: Chasing Rainbows by The High Kings (118 bpm, 2:30 min)

Intro: Start after count 16

Section 1 Forward Rock, 1/2 Shuffle, Forward Rock, 1/4 Chasse Left

1,2	Rock forward on right. Recover on left	Forward rock
3&	Turn 1/4 right stepping right to right side. Step left beside right	Half shuffle
4	Step right 1/4 turn right (6:00)	
5,6	Rock forward on left. Recover on right	Forward rock
7&8	Turn 1/4 left stepping left to left side (3:00). Step right beside left. Step left to left side	Turn chasse

Section 2 Weave Left, Heel Jack x 2, Twist x 2

1-3	Cross right over left. Step left to left side. Cross right behind left	Cross, side, behind
&4	Step left small step back on diagonal (10:30). Touch right heel forward on diagonal (4:30)	&, heel
&5	Step right beside left. Cross left over right	&, cross
&6	Step right small step back on diagonal (7:30). Touch left heel forward on diagonal (1:30)	&, heel
&7	Step left beside right. Step right forward	&, step
&8*	Twist heels right. Twist heels to centre	Twist, twist

Section 3 Right Shuffle, Step Pivot 1/2, Left Shuffle, 1/2 Shuffle

1&2	Step right forward. Step left beside right. Step right forward	Right shuffle
3,4	Step left forward. Pivot 1/2 turn right (9:00)	Step, pivot
5&6	Step left forward. Step right beside left. Step left forward	Left shuffle
7&	Turn 1/4 left stepping right to right side. Step left beside right	Half shuffle
8	Turn 1/4 left stepping right back (3:00)	
	<i>Non-turning steps 7-8: Right shuffle</i>	
7&8	<i>Step right forward. Step left beside right. Step right forward</i>	<i>Right shuffle</i>

Section 4 1/2 Shuffle, Step Pivot 1/4, Jazz Box Step

1&2	Turn 1/4 left stepping left to left side. Step right beside left. Step left 1/4 turn left (9:00)	Half shuffle
	<i>Non-turning steps 1-2: Left Shuffle</i>	
1&2	<i>Step left forward. Step right beside left. Step left forward</i>	<i>Left shuffle</i>
3,4	Step right forward. Pivot 1/4 turn left (6:00)	Step, pivot
5-8	Cross right over left. Step left back. Step right to right side. Step left forward	Cross, back, side, step

**Tag End of Wall 1 (12:00 - add Tag facing 6:00)
 End of Wall 4 (3:00 - add Tag facing 9:00)
 Forward Rock, 1/2 Shuffle, Step Pivot 1/2, Step, Hold, Touch**

1,2	Rock forward on right. Recover on left	Forward rock
3&	Turn 1/4 right stepping right to right side. Step left beside right	Half shuffle
4	Step right 1/4 turn right (12:00)	
5,6	Step left forward. Pivot 1/2 turn right (6:00)	Step, pivot
	<i>Non-turning steps 3-6: Back Shuffle, Back Rock</i>	
3&4,5,6	<i>Step right back. Step left beside right. Step right back. Rock back on left. Recover on right</i>	<i>Back shuffle, back rock</i>
7&8	Step left forward. Hold and clap. Touch right beside left and clap	Step, &, touch

Restart * Wall 3 (12:00) after 16 Counts (restart facing 3:00)
 * Wall 6 (3:00) after 16 Counts (restart facing 6:00)