

# LASH OUT



**Count:** 64      **Wall:** 2      **Level:** Intermediate  
**Choreographer:** Carlton Thompson – June 2018  
**Music:** Alice Merton - Lash Out

**POT COMMUN LANGUEDOC ROUSSILLON 2018/2019**

**Section 1:**

1-2 : Step R ft. forward, Step L ft. forward.  
&3-4 : Step R ft. diagonally back to right side, make ¼ turn left leading with L ft. forward (9:00), Step R ft. forward.  
5-6 : Pivot ½ turn right with L ft. (3:00), Step R ft. back.  
&7-8 : Step L ft. next to R ft., Step R ft. forward, Step L ft. forward

**Section 2:**

1-2 : Ball-Step (Rock-Step) R ft. forward, Hold.  
&3-4 : Pivot ½ turn left by bringing R ft. to center to turn left (9:00), Ball-Step L ft. forward, Recover back on R ft.  
5&6 : (Sailor-Step) Cross L ft. behind R ft., Step R ft. to right side, Step L ft. to left side.  
7&8 : (Sailor-Step) Cross R ft. behind L ft., Step L ft. to left side, Step R ft. to right side.

**Section 3:**

1-2 : Ball-Step (Rock-Step) L ft. forward, Recover back on R ft.  
&3-4 : Step L ft. next to R ft., Step R ft. forward, Recover back on L ft.  
&5&6 : Step R ft. next to L ft., Toe-Touch L ft. next to R ft., Make ¼ turn left by stepping on L ft. (6:00), Toe-Touch R ft. next to L ft.  
&7&8 : Make ¼ turn left by stepping down on R ft. (3:00), Heel-Touch L heel forward, Step L ft. next to R ft., Toe-Touch R ft. next to L ft.

**Section 4:**

1-2& : Step R ft. diagonally forward to the right (45 degrees), Lock L ft. behind R ft., Step R ft. down.  
3-4& : Step L ft. diagonally forward to the left (45 degrees), Lock R ft. behind L ft., Step L ft. down.  
5-6 : Pivot ½ turn left by stepping on R ft. (9:00), Step L ft. down center.  
7-8 : Pivot ½ turn left by stepping on R ft. (3:00), Step L ft. down center.

**Section 5:**

1-2 : \*\*Make ¼ turn left by leading with R ft. to right side (12:00), Step L ft. down.  
3&4 : (Sailor-Step) Cross R ft. behind L ft., Step L ft. to left side, Step R ft. to right side.  
5&6 : (Sailor-Step) Cross L ft. behind R ft., Step R ft. to right side, Step L ft. to left side.  
7-8 : Cross-Step R ft. behind L ft. Make 1/8 turn to left by leading forward on L ft. (11:00)

**Section 6:**

1-2 : Lift and Swing R leg over and across left leg, Swing R ft. back towards center floor.  
3&4 : (Sailor-Step) Cross R ft. behind L ft., Step L ft., to left side, Step R ft. to right side.  
5&6 : (Sailor-Travel) Cross L ft. behind R ft., Make ¼ turn to right by stepping R ft. to right side (2:00), Step L ft. forward.  
7-8 : Step R ft. forward, Pivot ½ turn right leading with L ft. forward (7:00).

**Section 7:**

1-2 : Step R ft. forward, Step L ft. forward.  
3&4 : (Triple-Step Half Turn Left) Make ¼ turn left by stepping R ft. to right side, Step L ft. next to R ft., Make ¼ turn left by stepping R ft. back (2:00).  
5-6 : Make ½ turn left leading with L ft. (7:00), Make ½ turn left leading with R ft. (2:00).  
7&8 : (Triple-Step Half Turn Left) Make ¼ turn left by stepping L ft. back, Step R ft. next to L ft., Make ¼ turn left by stepping L ft. forward (6:00).

**Section 8:**

&1-2 : Jump ½ turn left leading with R ft., Step L ft. to left side, hold (12:00).  
&3-4 : Jump ½ turn left leading with R ft., Step L ft. to left side, hold (6:00).  
&5-6 : Jump ½ turn left leading with R ft., Step L ft. to left side, hold (12:00).  
&7-8 : Jump ½ turn left leading with R ft., Step L ft. to left side, hold (6:00).

**Tag Line:**

**On Wall 2 – Section 8 – Drop those 8 counts and walk instead for a total of 16 counts.**

**Wall 2 (Section 8)**

1-8 : Walk R, L, R, L...x 2