# **ABlast**



Count: 24 Wand: 2 Ebene: Absolute Beginner

Choreograf/in: Ross Brown (ENG) - December 2014

Musik: Last Call (Radio Edit) (feat. Kat DeLuna) - The Bello Boys: (Album: Last Call -

EP)



Intro :□16 Counts (Approx. 8 Secs)

Note : ☐ The dance can be pronounced as "A Blast" or "A B Last".

#### VINE LEFT with TOUCH. VINE RIGHT with TOUCH.

1 – 2 Step left to the left, cross step right behind left.

3 – 4 Step left to the left, touch right next to left.

5 – 6 Step right to the right, cross step left behind right.

7 – 8 Step right to the right, touch left next to right. (12 O'CLOCK)

Alternative : Beginner and Improver dancers may want to change Counts [5 – 8] to a ROLLING VINE FULL TURN RIGHT.

# SIDE, TOUCH. HEEL TWIST 1/4 TURN R, KICK. SLOW COASTER STEP. KICK.

1-2 Step left to the left, touch right next to left.

3 – 4 Make a ¼ turn right twisting both heels to the left, kick right foot forward.

5-6-7 Step back with right, step left next to right, step forward with right.

8 Kick left foot forward. (3 O'CLOCK)

Arms / Hands : ☐ On Count 4, you can push both hands into the air.

## WALK BACK. HITCH. WALK FORWARD. SCUFF 1/4 TURN R.

1 - 2 - 3 Walk back; left, right, left.
4 Hitch right knee up.

5-6-7 Walk forward; right, left, right.

8 Make a ¼ turn right scuffing left foot forward. (6 O'CLOCK)

## **END OF DANCE!**

Contact: ross-brown@hotmail.co.uk