

12 Bar Blues

Count: 64

Wand: 4

Ebene: Intermediate/Advanced

Choreograf/in: Timothy Register (USA)

Musik: 12 Bar Blues - Bruce Robison



2 KBC'S, RIGHT, HOLD, ½ TURN, HOLD

- 1&2 Kick-ball-change right-left-right
- 3&4 Kick-ball-change right-left-right
- 5-6 Step right, hold
- 7-8 Pivot ½ to the left, hold

SHUFFLE, ROCK, STEP, ½ TURN, HOLD, ½ TURN, ½ TURN

- 9-10 Shuffle forward right-left-right
- 11-12 Rock forward left, recover
- 13-14 Pivot ½ to the left, hold
- 15-16 Pivot ½ to the left, pivot ½ to the left

HEEL, HOLD, HEEL, HOLD, HEEL SWITCHES

- 17-18 Touch right heel forward, hold
- &19-20 Touch left heel forward, hold
- &21&22 Touch right heel forward & touch left heel forward
- &23&24 Touch right heel forward, hold

HIP BUMPS, HIP ROLL

- 25&26 Bump hips right & right
- 27&28 Bump hips left & left
- 29-32 Roll hips right, left, right, left

SIDE TOE-HEEL STRUTS WITH 2 ¼ TURNS

- 33-34 Touch right toe across left, step right heel down
- 35-36 Touch left toe left, step left heel down
- 37-38 Touch right toe across left ¼ to the left, step right heel down
- 39-40 Touch left toe left ½ to the left, step left heel down

KNEE SLAPS & RIGHT TOE-HEEL STRUTS

- &41-42 Pivot slightly to the left on left, slap knees while touching forward right, slap knees
- 43-44 Touch right toe across left (snap), step right heel down (snap)
- 45-46 Slap knees while stepping left to left, slap knees
- 47-48 Touch right toe across left (snap), step right heel down (snap)

¼ TURN TOE-HEEL STRUT, TOUCH, HOLD, DWIGHTS

- 49-50 Touch left toe left ¼ to the left, step left heel down
- 51-52 Touch right beside left, hold
- 53-54 Swivel to the right on heel of left foot touching right heel beside, swivel to the left on toe of left foot touching right toe beside
- 55-56 Repeat counts 53-54

MONTEREY TURN, TOE-HEEL STRUTS

- 57-58 Touch right to right side, pivot ½ turn to the right
- 59-60 Touch left to left side, together left
- 61-62 Touch right toe forward, step right heel down (clap)

63-64

Touch left toe forward, step left heel down (clap)

REPEAT
