

Black & Gold

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Teresa Lawrence (UK) & Vera Fisher (UK) - March 2008

Musik: Black & Gold - Sam Sparro : (CD single)



Start time & BPM: Dance starts 48 counts in on main vocals, about 23 seconds. BPM 137

JAZZ JUMP. SPLIT IN KICK. BALL CROSS SIDE, CROSS SIDE (with heel grind & dip option)

&1-2-3-4 Step fwd on R, step L next to R ending with feet a few inches apart, split heels apart, bring heels back in to centre weight ending on R, small kick with L to slight L diagonal

&5-6-7-8 Step L in place, cross R over L, step L to L side, cross R over L, step L to L side. (12)

(Option for &5-6-7-8. Step L in place, cross R over L placing weight on R heel so that R toes are up & bending both knees slightly, step L to L side grinding R heel so that R toes end facing R diagonal & straighten both knees weight to end on L, repeat counts 5-6)

SIDE ROCK REPLACE STEP BACK SWEEP BEHIND 1/4 STEP 1/4 TURN

1-2-3-4 Rock R to R side, replace weight to L, step back on R behind L, sweep L out to L side

5-6-7-8 Step L behind R, making 1/4 turn R step fwd on R, step fwd on L, make 1/4 turn R weight to stay on L. (6)

JAZZ BOX 1/4 TURN, KICK CROSS, KICK CROSS BACK

1-2-3-4 Cross R over L, make 1/4 turn R stepping back on L, step R next to L, step L slightly fwd,

5-6-7-8 Kick R to fwd R diagonal, cross R over L, small kick L to L diagonal, cross L behind R. (9)

ROCK BACK REPLACE STEP FWD 1/2 RIGHT KNEE POPS WITH SHOULDERS!

1-2-3-4 Rock back on R, replace weight on L, step fwd on R, spin 1/2 turn R stepping back on L bringing R heel up so R knee is slightly bent.

5-6-7-8 Step down on R, bring L heel up & bend L knee slightly, step down on L, bring R heel up & bend R knee slightly, repeat counts 5-6 (3)

(Shoulder option. On the knee pops just "bounce" your shoulders in time with your knees. If R is bent then bring R shoulder up, same on L)

TOUCH BACK 1/2 TURN PIVOT 1/2 TURN SIDE ROCK REPLACE CROSS HOLD

1-2-3-4 Touch R toe back, make 1/2 turn R putting weight on R, step fwd on L, pivot 1/2 R.

5-6-7-8 Rock L out to L side, replace weight to R, cross L over R, hold (3)

TOE & TOE & HEEL & TOUCH, KICK BALL CHANGE KICK STEP DOWN

1&2&3&4 Touch R toe out to R side, step R next to L, touch L toe out to L side, step L next to R, dig R heel fwd, step R next to L, touch L toe back.

5&6-7-8 L kick ball change, kick fwd with L, step L next to R.

SIDE ROCK REPLACE CROSS ROCK REPLACE CROSS SIDE STEP BACK

1-2-3-4 Rock R out to R side, replace weight on L, cross R over L, rock L out to L side

5-6-7-8 Replace weight to R, cross L over R, step R to R side, small step back on L.

BOUNCE 1/2 TURN 2 1/2 PIVOTS

1-2-3-4 Step fwd on R, make 1/2 turn L doing 3 heel bounces over 3 counts, weight to end on L

5-6-7-8 Step fwd on R, pivot 1/2 turn L, repeat counts 5-6. (9)

Ending. You will be on wall 7 facing 9 o'clock dancing section 7, the knee pops, there is 1 count of music left at the end of the knee pops, just twist 1/4 turn R to face front, you will end with legs crossed!

End Of! Luv T&V xx

