

# Back and Blue

Count: 32

Wall: 4

Level: Improver

Choreographer: Dougie D (UK) - September 2008

Music: He's Back and I'm Blue - Desert Rose Band



**Intro: 16 Count intro, 96 B.P.M,**

**Fwd rock, side rock on left, syncopated weave right.**

- 1-2 rock fwd on left, recover on right,
- 3-4 rock out to left side, recover on right,
- 5-6 cross right over left, step left to left side,
- 7&8 cross left behind right, step right to right side, cross left over right,

**Make 1/4 turns left x2, cross rock right over left, chasse right.**

- 1-2 step fwd on right, pivot 1/4 turn left,
- 3-4 repeat steps 1-2,
- 5-6 cross rock right over left, recover on left,
- 7&8 chasse right, stepping right, left, right,

**Cross left over right, 1/4 turn left on left, sweep right out and across left, step left to side, back rock, chasse right.**

- 1-2 cross left over right, sweep right out and around, with 1/4 pivot left on left,
- 3-4 cross right over left (continuing sweep), step left to left side,
- 5-6 rock back on right, recover on left,
- 7&8 chasse right, stepping right, left, right,

**Cross left over right, sway back on right, shuffle fwd, cross right over left, sway back on left, shuffle fwd.**

- 1-2 cross left over right, sway back on to right foot,
  - 3&4 shuffle fwd, stepping left, right, left,
  - 5-6 cross right over left, sway back on to left foot,
  - 7&8 shuffle fwd, stepping right, left, right,
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