

Black Sheep (Phrased)

Compte: 0

Mur: 2

Niveau: Phrased High Improver



Chorégraphe: Jen Oropeza (USA) - February 2020

Musique: Black Sheep - 8Track - Walker Hayes

16 count Musical Intro (4 bar)

Sequence: A BBB A BBB

PART A

R HEEL, TOE, HEEL, TOUCH, HEEL FAN 2X

- & Right heel out to side
- 1 Right toe crosses front
- & Right heel out to side
- 2 Right foot touches out to the side
- &3&4 Right heel fans (out-in-out-in)

SIDE, CROSS, UNWIND, BOUNCE 3XS

- &5 Hop to right foot, Left foot crosses over right
- &6 ($\frac{1}{2}$ turn clockwise) to unwind feet end apart facing opposite wall
- 7&8 Lift heels 3Xs to bounce booty (Right-Center-Left, can also be a smoother roll as a variation, skipping the bounces)

L HEEL, TOE, HEEL, TOUCH, HEEL FAN 2X

- & Left heel out to side
- 9 Left toe crosses front
- & Left heel out to side
- 10 Left foot touches out to the side
- &11&12 Left heel fans (out-in-out-in)

SIDE, CROSS, UNWIND, BOUNCE 3XS

****note this portion always turns right whether starting section A facing front or back**

- &13 Hop to right foot, Left foot crosses over right
- &14 ($\frac{1}{2}$ turn clockwise) to unwind feet end apart facing opposite wall
- 15&16 Lift heels 3Xs to bounce booty (Right-Center-Left, can also be a smoother roll as a variation, skipping the bounces)

ROCK RECOVERS – FORWARD CROSS, BACK OPEN, FROWARD CROSS, BACK OPEN, FORWARD CROSS, OPEN SIDE

- 17,18 Right rock crossing over Left to 11 o'clock diagonal, step Left in Place
- 19,20 Right rock open back to 5 o'clock diagonal, step Left in Place
- 21& (double time) Right rock crossing over Left to 11 o'clock diagonal, step Left in Place
- 22& (double time) Right rock open back to 5 o'clock diagonal (but pop up to Left heel open), step Left in Place
- 23& (double time) Right rock crossing over Left to 11 o'clock diagonal, step Left in Place
- 24 Step Right out to Right side open

ROCK RECOVERS – FORWARD CROSS, BACK OPEN, FROWARD CROSS, BACK OPEN, FORWARD CROSS, OPEN SIDE

- 25,26 Left rock crossing over Right to 1 o'clock diagonal, step Right in Place
- 27,28 Left rock open back to 7 o'clock diagonal, step Right in Place
- 29& (double time) Left rock crossing over Right to 1 o'clock diagonal, step Right in Place

- 30& (double time) Left rock open back to 7 o'clock diagonal (but pop up to Right heel open), step Right in Place
31& (double time) Left rock crossing over Left to 1 o'clock diagonal, step Right in Place
32 Step Left out to Left side open

PART B

SLAP KNEE, SLAP FOOT, SLAP SHIN, SHIN, KNEE, RELEASE

- & (left hand to slap knee) Right knee comes up
1 Step right foot side
& (right hand to slap sole) Left foot kicks behind right leg to slap sole of your boot
2 Step Left foot side
&3 Balancing on left leg, Right Leg comes up bent (knee out first-slap left hand to inside of calf, then knee in-slap right hand to outside of calf)
& Square right knee to 90 degree angle (place both hands on top of one another on top of knee)
4 (Hands press release) R leg kicks down to floor (right side)

DROP, POP UP, HIPS R, HIPS L

- 5 Squat center (to the floor if mobility allows, *slight dip for anyone with knee, hip, back, or ankle issues)
6 Pop up feet apart to recover
&7 Slight dip, hips sit Right
&8 Slight dip, hips sit Left

TRAVELING VINE RIGHT, SIDE HEEL

- &9 Step Right foot side, Left step crosses front
&10 Step Right foot side, Left step crosses back
&11 Step Right foot side, Left step crosses front
& Step Right foot side
12 Left heel to open side

TRAVELING VINE LEFT, SIDE, CROSS, UNWIND

- &13 Step Left foot side, Right foot crosses front
&14 Step Left foot to side, Right foot crosses back
&15 Step Left foot to side, Right foot over front
&16 Weight starts in the Left foot (½ turn counterclockwise) to unwind feet end apart facing opposite wall

***Modified Variation for anyone with mobility issues**

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