

Blue 4 You

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Gloria Johnson (USA)

Musique: Lonely and Blue - Ronnie Beard



HEEL GRINDS, JAZZ BOX WITH ½ TURN

- 1 Cross-touch right heel over left foot with toe pointed left
- 2& Grind heel so that right toe moves from left to right; step left foot slightly to left of right foot
- 3 Cross-touch right heel over left foot with toe pointed left
- 4& Grind heel so that right toe moves from left to right; step left foot slightly to left of right
- 5-6 Cross-step right foot over left; step left foot back
- 7-8 (Turning ½ right on ball of left) step on right foot; step left foot beside right foot

HEEL GRINDS, JAZZ BOX WITH ¼ TURN

- 9 Cross-touch right heel over left foot with toe pointed left
- 10& Grind heel so that right toe moves from left to right; step left foot slightly to left of right foot
- 11 Cross-touch right heel over left foot with toe pointed left
- 12& Grind heel so that right toe moves from left to right; step left foot slightly to left of right
- 13-14 Cross-step right foot over left; step left foot back
- 15-16 (Turning ¼ right on ball of left) step on right foot; step left foot beside right foot

SHUFFLE FORWARD, ½ TURN, SHUFFLE BACK, ½ TURN, SHUFFLE FORWARD, KICK-BALL-TOUCH

- 17& Step right foot forward; step left together
- 18& Step right foot forward; turn ½ turn right on ball of left foot
- 19& Step left foot back; step right together
- 20& Step left foot back; turn ½ turn left on ball of left foot
- 21&22 Step right foot forward; step left together; step right foot forward
- 23&24 Kick left foot forward; step on ball of left; touch right foot to right side

SYNCOPATED TOE/HEEL TOUCHES

- 25-26 Touch right heel forward; hold
- &27-28 Step on right foot; touch left heel forward; hold
- &29-30 Step on left foot; touch right toe to right side; hold
- &31-32 Step on right foot; touch left toe to left side; step left beside right

REPEAT
