

Pink & Black & Blue

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Beate Keller (DE) - October 2013

Musique: Bruises - Chairlift



Start: 64 counts intro, on the vocals

(1-8) WALK FWD, HOLD, WALK FWD, HOLD, STEP SIDE R, STEP TOGETHER, WALK BACK, HOLD (S S Q Q S)

1 2 3 4 RF walk fwd, hold, LF walk fwd, hold
5 6 RF step side right, LF step together (weight)
7 8 RF walk back, hold

(9-16) WALK BACK, HOLD, WALK BACK, HOLD, STEP SIDE L, STEP TOGETHER, WALK FWD, HOLD (S S Q Q S)

1 2 3 4 LF walk back, hold, RF walk back, hold
5 6 LF step side left, RF step together (weight)
7 8 LF walk fwd, hold

(17-24) STEP ½ TURN L, HOLD, RECOVER, HOLD, STEP SIDE R ¼ TURN L, STEP TOGETHER, STEP SIDE R, HOLD (S S Q Q S)

1 2 3 4 RF step fwd ½ turn left, hold, LF recover, hold
5 6 RF ¼ turn left and step side right (3:00), LF step together
7 8 RF step side right, hold

(25-32) ¾ TURN R, HOLD, RECOVER, HOLD, STEP SIDE L ¼ TURN R, STEP TOGETHER, STEP SIDE L, HOLD (S S Q Q S)

1 2 3 4 LF cross in front over RF and ¾ turn right, hold, RF recover, hold
5 6 LF ¼ turn right and step side left (3:00), RF step together (weight)
7 8 LF step side left, hold

(33-40) ROCK STEP, HOLD, RECOVER, HOLD, STEP BACK, STEP BESIDE, STEP FWD, HOLD (S S Q Q S)

1 2 3 4 RF rock step fwd, hold, LF recover, hold
5 6 RF step back, LF step next to RF
7 8 RF step fwd, hold

(41-48) SIDE ROCK, HOLD, RECOVER, HOLD, FULL TURN R (CROSS STEP, RECOVER), STEP BESIDE, HOLD (S S Q Q S)

1 2 3 4 LF rock side left, hold, RF recover, hold
5 6 LF cross in front over RF and ¼ turn right, RF ¾ turn right and recover (3:00)
7 8 LF step beside RF, hold (weight)

(49-56) STEP SIDE R, HOLD, STEP TOGETHER, HOLD, RUN FWD, RUN FWD, POINT SIDE R, HOLD (S S Q Q S)

1 2 3 4 RF step side right, hold, LF step together, hold (weight)
5 6 RF small step fwd, LF small step fwd
7 8 RF point to right side, hold

(57-64) STEP BEHIND, HOLD, POINT SIDE L, HOLD, STEP SIDE L ½ TURN L, STEP BESIDE, STEP FWD, HOLD (S S Q Q S)

1 2 3 4 RF step behind LF, hold, LF point to left side, hold
5 6 LF ½ turn left and step side left, RF step beside LF (9:00)

7 8

LF step fwd, hold

Start again

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