

Blackout

拍数: 32 墙数: 2 级数: High Intermediate
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音乐: Blackout - Freya Ridings



Step Sweep, front side behind sweep, Behind 3/8 turn L, reverse spiral 5/8 turn L, run run run touch forward

- 12&3 Step RF forward as you sweep LF from back to front, cross LF over RF, step RF to R side, cross LF behind R sweep RF from front to back
- 4&5 cross RF behind LF, making 3/8 turn L step LF forward (7:30), making 5/8 turn L step RF back into a reverse spiral over L shoulder LF finishes hooked across R shin (11:30)
- 6&7&8 step LF forward, step RF forward, step LF forward, touch R toe forward

Back sweep, back to unwind 1/2 turn, 1/8 turn step sweep L, syncopated jazz box, step drag

- 12&3 step RF back as you sweep LF from front to back, step LF back touch R toe back unwind 1/2 turn R keeping weight back on LF (5:30)
- 4 making 1/8 turn R step RF forward as you sweep LF from back to front (6:00)
- 5&6& cross LF over RF, step RF back, step LF to L side, cross RF over LF
- 7-8 step LF a big side step L and slowly drag R to meet it as you angle the body (5:30)

(Restart here on wall 2)

Ronde run around turn sweep, jazz box half, pirouette (Ronde) step, run run run, L forward mambo

- 1 ronde RF around – completing a full circle on the floor with R toe
- 2&3 making a full turn over R shoulder step RF a 1/4 turn R, step LF forward making a 1/4 turn R, turn 1/2 a turn R step RF forward as you ronde LF from back to front (5:30)
- 4& cross LF over RF, making a 1/4 turn L as you step back on RF (1:30)
- 5 turn a 1/4 turn L (11:30) as you do that is the beginning of a full pirouette turn L picking up RF
- (Option to ronde sweep the RF a full turn) (11:30)
- 6&7 Step RF forward, step LF forward, step RF forward
- 8&1 Rock weight forward onto LF, replace weight to RF, step LF back

Cross unwind 7/8 turn L, side touch behind, R arm extends out, L arm draws up the body, unwind 1/2 turn L

- 2 3 4 cross RF over LF (2), unwind 7/8 turn L transferring weight to LF (3,4) (12:00)
- &5 step RF to R side (as you shoot R hand out and down with fingers spread), touch LF behind RF
- 6 7 draw L hand up the L hand side of the body and reach above head
- 8 unwind 1/2 turn L transferring weight to LF as you draw L hand down towards hip

Last Update - 6th July 2017
