

# Blue Prelude

拍数: 32      墙数: 4      级数: Improver  
编舞者: Kirsi-Marja Vinberg (FIN) - February 2018  
音乐: Blue Prelude - Nina Simone



## CROSS SLIDES & SHAKES

- 1-2            step right across left(10 o'clock'), slide left toe beside right(upper body to front wall)
- 3&4&        lift up your left shoulder, drop it down, lift up your right shoulder, drop it down
- 5-6            step left foot across right foot(14.00 0'clock'), slide right toe beside left(upper body to front wall)
- 7&8&        lift up your right shoulder, drop it down, lift up your left shoulder, drop it down

## MESS AROUNDS 3

- 1-4            weight in both feet roll hips around clockwise
- 5-6            roll hips around
- 7-8            roll hips around

## LASSO R WITH SIDE TOUCHES, LASSO L WITH SIDE TOUCHES

- 1 a2            step right to right, step left nearer to right, step right to side(hips are doing lasso-movement)
- 3-4            touch left foot beside right two times
- 5 a6            step left to side, step right nearer to left, step left to left(hips are doing lasso-movement)
- 7-8            touch right beside left two times

## SIDE TOUCHES WITH ¼ TURN R, SIDE SLIDES WITH DOWNWARDS MOVEMENT

- 1-2            step right to side and turn ¼ right, touch left together
- 3-4            step left to side, touch right together
- 5-6            step right to side going downwards(bending knees), slide left together and straighten up
- 7-8            step left to side going downwards, slide right together and straighten up

**Repeat**

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