

Black And White

拍数: 64 墙数: 2
编舞者: Jo Myers (UK) - April 2020

级数: Intermediate

音乐: Black And White - Niall Horan : (Album: Heartbreak Weather - Amazon.co.uk and iTunes)



There is one Restart during wall 6

#16 count intro

SEC 1: STEP HOLD, ROCK FORWARD, STEP HOLD, ROCK BACK

- 1-2 Step forward on right to slight right diagonal (1:00) Hold.
- 3-4 Rock forward on left. Recover onto right.
- 5-6 Step left back on left. Hold.
- 7-8 Rock back on right. Recover forward on left and straighten up to wall. (12:00)

SEC 2: MONTEREY 1/2 TURN RIGHT, TOUCH OUT IN OUT, 1/2 TURN LEFT

- 1-2 Touch right toe out to right side. Make 1/2 turn right stepping right beside left.
- 3-4 Touch left out to left side. Touch left beside right.
- 5-6 Touch left out to left side. Touch left beside right.
- 7-8 Touch left out to left side. Make 1/2 turn left stepping left beside right.

SEC 3: GRAPEVINE RIGHT, TOUCH, ROLLING GRAPEVINE 1.1/4 TURN LEFT, HOLD

- 1-2 Step right to right side. Step left behind right.
- 3-4 Step right to right side. Touch left beside right.
- 5-6 Step left making 1/4 turn left. Step back on right making 1/2 turn left.
- 7-8 Make further 1/2 turn left stepping forward on left. Hold. (9:00)

Easier Option: Counts 5-8 Grapevine 1/4 turn left. Hold.

SEC 4: KICK CROSS BACK TOGETHER (RIGHT AND LEFT)

- 1-2 Kick right forward. Cross right over left.
- 3-4 Step left back. Step right beside left.
- 5-6 Kick left forward. Cross left over right.
- 7-8 Step right back. Step left beside right.

Restart: Wall 6 - Replace count 8 with 1/4 turn left on left, then start the dance again.

SEC 5: STEP PIVOT 1/2 LEFT, STEP HOLD, TRIPLE FULL TURN RIGHT, HOLD

- 1-2 Step right forward. Pivot 1/2 turn left.
- 3-4 Step right forward. Hold.
- 5-7 Triple step full turn right, stepping – left, right, left.
- 8 Hold. (3:00)

SEC 6: SIDE HOLD, BALL STEP, TOUCH (RIGHT AND LEFT)

- 1-2 Step right to right side. Hold.
- &3-4 Step ball of left next to right. Step right to right side. Touch left beside right.
- 5-6 Step left to left side. Hold.
- &7-8 Step ball of right next to left. Step left to left side. Touch right beside left.

SEC 7: HALF RUMBA BOX FORWARD, KICK, SIDE CROSS SIDE, KICK

- 1-2 Step right to right side. Step left beside right.
- 3-4 Step right forward. Kick left towards left diagonal.
- 5-6 Step left to left side. Cross right over left.
- 7-8 Step left to left side. Kick right towards right diagonal. (3:00)

SEC 8: BACK LOCK STEP, HOLD, COASTER CROSS 1/4 TURN RIGHT, HOLD

- 1-2 Step right back. Lock left back across right.
- 3-4 Step right back. Hold.
- 5-6 Step left back. Step right beside left making 1/4 turn right.
- 7-8 Cross left over right. Hold. (6:00)

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