

# Adulging Blows

拍数: 32      墙数: 4      级数: High Beginner  
编舞者: Pat Esper (USA) - December 2021  
音乐: AA - Walker Hayes



Song Suggestion From My Friend And Fellow Hurricane Outlaw, Shannon Michelle

No tags or restarts

**[1-8]: Triple forward, Rock, Recover, Triple back, Rock, Recover**

1&2      Step forward on the right, Step the left next to the right, Step forward on the right  
3-4      Rock forward on the left foot. Recover onto the right foot.  
5&6      Step back on the left foot, Step the right foot next to the left, Step back on the left foot.  
7-8      Rock back on the right foot. Recover onto the left foot.

**[9-16]: Half turn triple, Rock, Recover, Half turn triple, Rock, Recover**

1&2      Step forward on the right foot making a quarter turn to the left, Step the left foot next to the right, Turn a quarter turn to the left stepping back on the right foot.  
3-4      Rock back on the left foot. Recover onto the right foot.  
5&6      Step forward on the left foot making a quarter turn to the right, Step the right foot next to the left, Turn a quarter turn to the right stepping back on the left foot.  
7-8      Rock back on the right foot. Recover onto the left foot.

**[17-24]: Step, Hip roll turn, Step, Hip roll turn, Jazz box**

1-2      Rock forward on the right foot. Turn and eighth turn to the left rolling the hips counterclockwise.  
3-4      Rock forward on the right foot. Turn and eighth turn to the left rolling the hips counterclockwise.  
5-6      Step the right foot across the right. Step back on the left foot.  
7-8      Step the right foot to the side. Step the left foot slightly forward next to the right.

**[25-32]: Kick-ball-cross, Slide, Touch, Kick-ball-cross, Slide, Touch**

1&2      Kick the right foot forward, Step onto the ball of the right foot, Step the left foot across the right  
3-4      Step the right foot to the side. Slide the left foot next to the right to a touch.  
5&6      Kick the left foot forward, Step onto the ball of the left foot, Step the right foot across the left.  
7-8      Step the left foot to the side. Slide the right foot next to the left to a touch.

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