

Baker's Blackbird

拍数: 32 墙数: 4 级数: Improver
编舞者: Lynne Herman (USA) & David Herman (USA) - February 2022
音乐: Blackbird - Kaitlyn Baker



INTRO: 32 Counts

RESTART: After 16 counts, Wall #3, facing 3:00

S1 (1-8): LONG STEP BACK W/DRAW, HOLD, BALL, WALK X2, RUMBA FORWARD X2

1 2& Long step back with RF (1); hold, gradually dragging LF back (2); briefly recover LF with weight beside RF (&)

OPTIONAL HAND MOVEMENT: Consider a "pushing back" motion on counts 1-2

3 4 Step RF forward (3); step LF forward (4)

5&6 Step RF to right side (5); step LF beside RF (&); step RF forward (6)

7&8 Step LF to left side (7); step RF beside LF (&); step LF forward (8)(12:00)

S2 (9-16): FWD-ROCK, RECOVER ¼ RIGHT, SIDE, CROSS, SIDE, HEEL TOUCH, HOLD W/TWO CLAPS, BALL, ROCK, RECOVER

1 2 3 Rock RF forward (1); recover weight to LF while beginning ¼ turn right (2); step RF to right, completing the turn to 3:00 (3)

4&5&6 Step LF across in front of RF (4); step RF to right side (&); touch left heel forward (5); hold with clap (&); hold with clap (6)

& 7 8 Recover LF beside RF (&); rock RF forward (7); recover weight to LF (8)(3:00)

RESTART HERE, Wall #3

S3 (17-24): DIAGONAL BACK LOCK STEPS (2 SETS), BACK-ROCK, RECOVER, ¾ TURN LEFT WITH SWEEP

1&2 Facing 4:30, step RF back toward right-rear diagonal (1); step LF across in front of RF (&); step RF back toward right-rear diagonal (2)

3&4 Facing 1:30, step LF back toward left-rear diagonal (3); step RF across in front of LF (&); step LF back toward left-rear diagonal (4)

5 6 Squaring at 3:00, rock back on RF, prepping for left turn (5); recover weight to LF, turning ½ left on ball of LF to 9:00 (6)

7 8 Step back on RF, making additional ¼ turn left to 6:00 (7); step LF to left side, sweeping RF from back to front (8) (6:00)

ALTERNATE STEP: Don't care for the ¾ left turn? Replace it with:

5 6 Rock back on RF, turning to face 6:00 (5); recover weight to LF (6) (6:00)

7 8 Step RF across LF (7); step LF to left side (8)

S4 (25-32): SYNC JAZZ BOX WITH CROSS, SIDE, SAILOR ¼ LEFT WITH HEEL TOUCH, RECOVER (BALL), WALK, WALK-HITCH

1 2&3 4 Cross RF in front of LF (1); step LF back (2); step RF to right side (&); cross LF in front of RF (3); step RF to right side (4)

5& Sweep LF behind RF, beginning ¼ turn left to 3:00 (5); step RF to right side, completing the turn to 3:00 (&)

6& Touch left heel forward (6); briefly recover LF with weight beside RF (&)

7 8 Step RF forward (7); step LF forward in extended rock, hitching right knee slightly, preparing to restart dance at Count 1 with long RF step back (8) (3:00)

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Last Update - 19 Feb. 2022