

Blurred Lines

拍数: 64

墙数: 4

级数: Phrased Beginner / Improver - Easy
& Fun



编舞者: Amy Christian (USA) - November 2022

音乐: Blurred Lines (feat. T.I. & Pharrell) - Robin Thicke

Intro: 32 counts.

(The 3rd and 4th eights are the same in both parts). Sequence: A, B, A, B, A, B, A, B, A, B, A, B, A, B, A, B,...

PART A (is always done facing the front and back walls),

V-STEP, QUICK OUT - OUT, CLAP, SNAP, CLAP,

- 1-4 Step R diagonally forward, Step L out to side, Step R back, Step L next to R,
- &5 Step R out to right side, Step L out to left side,
- 6-8 Clap, Snaps fingers out to side, Clap,

DOUBLE BUMP R, DOUBLE BUMP L, ROLL HIPS X 2,

- 1&2 Double bump to right side,
- 3&4 Double bump to left side,
- 5-8 Do a CCW hip roll twice,

ROCK FORWARD, RECOVER, BACK SHUFFLE, ROCK BACK, RECOVER, FORWARD SHUFFLE,

- 1-2 Rock forward on R, Recover back on L,
- 3&4 Back shuffle R-L-R,
- 5-6 Rock back on L, Recover on R,
- 7&8 Forward shuffle L-R-L,

OUT, OUT, IN, IN, ¼ JAZZ BOX,

- 1-4 Step R out to RIGHT SIDE, Step L out to LEFT SIDE, Step R in, Step L next to R,
- 5-8 Cross R over L, ¼ turn right stepping L back, Step R to right side, Step L next to R, [3:00]

(Start over with Part B)

PART B (is always done facing the side walls),

V-STEP, QUICK OUT - OUT POSE, FREEZE,

- 1-4 Step R diagonally forward, Step L out to side, Step R back, Step L next to R,
- &5 Step R out, Step L out as you strike a pose,
- 6-8 Hold for 3 counts (FREEZE) without moving,

GROOVE GOING DOWN X 4, "PULL UP" SLOWLY STRAIGHTEN UP,

- 1-4 Groove by swing arms up and down as you gradually go down lower and lower, (add your own styling),
- 5-8 R Hand pulls an imaginary rope, slowly straightening up,

ROCK FORWARD, RECOVER, BACK SHUFFLE, ROCK BACK RECOVER FORWARD SHUFFLE,

- 1-2 Rock forward on R, Recover back on L,
- 3&4 Back shuffle R-L-R,
- 5-6 Rock back on L, Recover on R,
- 7&8 Forward shuffle L-R-L,

OUT, OUT, IN, IN, ¼ JAZZ BOX,

- 1-4 Step R out to RIGHT SIDE, Step L out to LEFT SIDE, Step R in, Step L next to R,
- 5-8 Cross R over L, ¼ turn right stepping L back, Step R to right side, Step L next to R, [6:00]

(Start over with Part A)

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