

Friday Blues

拍数: 48 墙数: 4 级数: High Beginner
编舞者: Phoenix Adamson (NZ) - May 2023
音乐: Friday Night Fever - Steve Helms Band



Intro: 16 Counts (slow counts from first beat of track)

[1 – 8] Walk R – L, Syncopated V Step, Walk R – L, Mambo ½ Turn

- 1 – 2 Walk forward R – L
3 & 4 & On R diagonal step forward on R, on L diagonal step forward on L, on R diagonal step back on R, step L together
5 – 6 Walk forward R – L
7&8 Rock forward on R, recover onto L, making ½ turn R step forward on R (6 O’Clock)

[9 – 16] Walk L – R, Rock Recover, Coaster Cross, Weave

- 1 – 4 Walk forward L – R, rock forward on L, recover onto R
5&6&7&8 Step back on L, step R together, cross L over, step R to side, cross L behind R, step R to side, cross L over R

[17 – 24] Side Rock Cross, Side Behind, Shuffle ¼ Turn, Rock Recover

- 1&2 Rock R to side, recover onto L, cross R over L
3-4 Step L to side, cross R behind L
5&6 Making ¼ turn L shuffle forward stepping L – R – L
7-8 Rock forward on R, recover onto L (3 O’Clock)

[25-32] Coaster, Rock Recover, Shuffle ½ Turn, ½ Pivot

- 1&2 Step back on R, step L together, step forward on R
3-4 Rock forward on L, recover onto R
5&6 Making ½ turn L shuffle forward stepping L – R – L
7-8 Step forward on R, ½ Pivot L (weight on L)

[33 – 40] Side Rock Cross, Side Rock Cross, ½ Pivot, Kick Ball Step

- 1 & 2 Rock R to side, recover onto L, cross R over L
3 & 4 Rock L to side, recover onto R, cross L over R
5–6–7&8 Step forward on R, ½ Pivot L, kick R forward, step R together, step forward on L (9 O’Clock)

[41 – 48] Side Rock Cross, Side Rock Cross, Rocking Chair

- 1&2 Rock R to side, recover onto L, cross R over L
3&4 Rock L to side, recover onto R, cross L over R
5-8 Rock forward on R, recover onto L, rock back on R, recover onto L

Tag ½ Pivot, Point, Touch

- 1 – 4 On Wall 2 after count 32 (12 O’Clock), step forward on R, ½ Pivot L, point R to side, touch R beside L (6 O’Clock)

Ending ¼ Side Shuffle, Vaudeville

- 1&2 On Wall 5 after count 28 (3 O’Clock), making ¼ turn L side shuffle stepping L – R – L
3&4 Cross R over L, step back on L, tap R heel forward (12 O’Clock)