

Learning The Blues

拍数: 64 墙数: 2 级数: Intermediate social cha
编舞者: Lynne Martino (USA)
音乐: Learnin' the Blues - Frank Sinatra



POINTS RIGHT SIDE AND FRONT, STEP RIGHT, CROSS LEFT, STEP RIGHT

- 1-4 Point right toe to right side and hold, point right toe forward and hold
5-8 Step right to the right, cross left over right, step on right and hold

POINTS LEFT SIDE AND FRONT, STEP LEFT, CROSS RIGHT, STEP LEFT

- 1-4 Point left toe to left side and hold, point left toe forward and hold
5-8 Step left to the left, cross right over left, step on left and hold

STEP RIGHT FORWARD, TOUCH LEFT, STEP LEFT BACK, TOUCH RIGHT, STEP RIGHT BACK, TOUCH LEFT, STEP LEFT FORWARD, TOUCH RIGHT

- 1-4 Step right forward angling slightly and touch left next to right, step left back on a slight angle and touch right next to left
5-8 Step right back angling slightly and touch left next to right, step left forward angling slightly, and touch right next to left

STEP RIGHT, LEFT SAILOR, RIGHT SAILOR

- 1-4 Step right to the right, step left behind right, step right next to left, step left next to right
5-8 Step right behind left, step left next to right, step right to right side and hold

WEAVE LEFT, CROSS LEFT OVER RIGHT, STEP ON RIGHT ¼ TURN LEFT, STEP LEFT

- 1-4 Cross left over right, step right to right side, cross left behind right, step right to right side
5-8 Cross left over right, step back on right making a ¼ turn left, step forward on left and hold

RIGHT AND LEFT ROCK AND CROSS

- 1-4 Rock right to right side, recover on left, cross right over left and hold
5-8 Rock left to left side, recover on right, cross left over right and hold

RIGHT AND LEFT FORWARD ROCK STEPS WITH HEEL AND FOOT LIFTS

- 1-4 Step right forward and raise right heel and left foot(for cts. 1, 2), step back on left, step right next to left
5-8 Step left forward and raise left heels and right foot(for cts.5, 6), step back on right, step left next to right

RIGHT JAZZ BOX WITH A ¼ TURN LEFT

- 1-2 Cross right over left and hold
3-4 Step back on left and hold
5-6 Step right to right side and hold
7-8 Step forward on left ¼ turn left and hold

REPEAT

RESTART

Restart dance the first 32 counts and start again on walls 3 and 4

TAG

At the end of walls 4 and 5, add another jazz box without the ¼ turn

