

No Longer Blue (P)

拍数: 48 墙数: 0 级数: Partner
编舞者: Ann Bradburne (UK/SPN)
音乐: She's Over You - Jeff Moore



Hand position: sweetheart and moving forward to LOD

1-2-3 LADY: Cross left foot over right, step right, left, in place
 MAN: Cross left foot over right, step right, left in place
4-5-6 LADY: Cross right foot over left, step left, right in place
 MAN: Cross right foot over left, step left, right in place

Hand position: as lady crosses over, man lifts lady's right hand in his in an upward position to allow lady to turn underneath. Lady continues to hold man's other hand until going into second turn (4,5,6)

1-2-3 LADY: Cross left over right and on ball of left foot make ½ turn left, step right, left in place.
 (facing RLOD)
 MAN: Cross left foot over right, step right, left in place
4-5-6 LADY: Step right to right side and on ball of foot make a full turn right (upon completion angle
 body so that lady's left shoulder is facing man's left shoulder), step left, right in place (facing
 RLOD)
 MAN: Cross right foot over left, step left, right in place

Hand position: release hands and place by sides.

1-2-3 LADY: Step forward on left foot, step right, left in place
 MAN: Step forward on left foot, step right, left in place
4-5-6 LADY: Step backwards on right foot, step left, right in place
 MAN: Step backwards on right foot, step left, right in place

Hand position: man takes hold of lady's left hand in his right raising it upright and lady moves around behind man from left to right.

1-2-3 LADY: Step left, right, left
 MAN: Step forward on left foot, step back right, left in place
4-5-6 LADY: Step right, left, and as you step onto the right foot make ¼ turn left (facing ILOD)
 MAN: Step backwards on right foot making ¼ turn right step left, right in place (facing OLOD)

Hand position: release hands and place by sides.

1-2-3 LADY: Step forward onto left foot, step right, left, in place
 MAN: Step forward onto left foot, step right, left in place
4-5-6 LADY: Step backwards onto right foot, step left, right in place
 MAN: Step backwards onto right foot, step left, right in place

Hand position: the same as above. But as lady and man go into the ¼ turn touch (4,5,6), man takes hold of lady's left hand in his left and moves into sweetheart

1-2-3 LADY: Step forward on left foot, touch out with right foot to right side, hold for one beat
 MAN: Step forward on left foot, touch out with right foot to right side, hold for one beat
4-5-6 LADY: Step backwards onto right foot making ¼ turn right, touch out with left foot to left side,
 hold for one beat (facing LOD)
 MAN: Step backwards onto right foot making ¼ turn left, touch out with left foot to left side,
 hold for one beat (facing LOD)

Hand position: continue in sweetheart until first three steps (1,2,3) have been completed. Drop hands then both proceed with full turn to right on (4,5,6)

1-2-3 LADY: Step forward onto left foot, lock right behind left, step forward with left
 MAN: Step forward onto left foot, lock right behind left, step forward with left
4-5-6 LADY: Step onto ball of right foot making a full turn right, step left, right in place
 MAN: Step onto ball of right foot making a full turn right, step left, right in place

Hand position: return to sweetheart

1-2-3 LADY: Step forward onto left foot, lock right behind left, step forward onto left
 MAN: Step forward onto left foot, lock right behind left, step forward onto left

4-5-6

LADY: Rock to right side on right foot, rock back onto left, rock to right

MAN: Rock to right side on right foot, rock back onto left, rock to right

REPEAT
