

No Longer Blue

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Ann Bradburne (UK/SPN)
音乐: She's Over You - Jeff Moore



CROSS STEP, STEP, STEP

1-3 Cross left foot over right, step right, left in place
4-6 Cross right foot over left, step left, right in place

CROSS STEP WITH ½ TURN LEFT, STEP, STEP, FULL TURN RIGHT

1-3 Cross left foot over right making ½ turn left, step right, left in place
4-6 Step right foot to right side and on ball of foot make a full turn right, step left, right in place

FORWARD, STEP, STEP, BACKWARDS, STEP, STEP

1-3 Step forward on left foot, step right, left in place
4-6 Step backwards on right foot, step left, right in place

FORWARD MAKING ½ TURN LEFT, STEP, STEP, BACKWARDS, STEP, STEP

1-3 Step forward on left foot making ½ turn left, step right, left in place
4-6 Step backwards on right foot, step left, right in place

25-48 Repeat counts 1-24

FORWARD, TOUCH, HOLD, BACKWARDS MAKING ¼ TURN RIGHT, TOUCH, HOLD

1-3 Step left foot forward, touch out to right side with right, hold for one beat
4-6 Step right foot backwards making ¼ turn right, touch left out to left side, hold for one beat

STEP, LOCK STEP, STEP, FULL TURN RIGHT

1-3 Step forward on left foot, lock right behind left, step forward on left
4-6 Step right foot to right side and on ball of foot make a full turn right, step left, right in place

STEP, LOCK STEP, ROCK, ROCK, ROCK

1-3 Step forward on left foot, lock right behind left, step forward on left
4-6 Rock onto left foot to left side, rock onto right to right side, rock onto left to left side

REPEAT
