

Dance The Blues

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Let's Dance - David Bowie



STEP OUT, STEP OUT, STEP IN, STEP IN, HOLD, TOUCH FRONT, TOUCH BEHIND, ½ TURN, STEP

- 1-2 Step out with the right foot, step out with the left foot
Option: You can style this with hip rolls as you do this
&3-4 Step in with the right foot, step in with the left foot, hold
5-6 Touch right toe in front of left foot, touch ball of right foot directly behind left foot
7-8 Roll through the ball of the right foot and do a ½ turn pivot to the right, step forward on the left foot

STEP FORWARD, ¼ TURN, TOUCH CENTER-SIDE-CENTER, PADDLE TURNS, TOUCH SIDE

- 1-2 Step forward on the right foot, ¼ turn left with left foot taking weight
3&4 Touch the right foot next to the left, touch the right foot out to the right side, touch the right foot next to the left
5& Begin paddle turn by pushing off of the ball of the right foot to right side, hitch right foot to left knee
6& ¼ turn left pivoting on left foot and push off ball of right foot, hitch right foot to left knee
7& ¼ turn left pivoting on left foot push off ball of right foot, step down on right foot in place
8 Touch to the left side

STEP, STEP-DRAG, STEP, KNEE ROLL, KNEE ROLL, STEP, ½ TURN PIVOT

- &1 Step left foot next to right, step out to the right on the right foot and drag left into meet right
2 Step down on left foot next to right
3-4 Roll right knee out to the right lifting to the ball of right foot (rolling to the right), roll right knee in to the left and weight right foot (rolling to the left)
5-6 Roll left knee out to the left lifting to the ball of left foot (rolling to the left), roll left knee in to the right and weight left foot (rolling to the right)
7-8 Step forward on the right foot, step ½ turn pivot left with left foot taking weight

PUSH HIP FORWARD, PUSH HIP BACK, HITCH, TOUCH BEHIND, STEP ½ TURN, STEP PIVOT, STEP FORWARD

- 1-2 Push right hip straight forward shifting weight forward onto right foot, take right hip straight back and shift weight onto left foot
3-4 Hitch the right foot to left knee, touch the right foot straight back
5-6 Weight the ball of the right foot and do a ½ turn to the right with right foot taking all weight after turn, step forward on the left foot
7-8 Pivot ½ turn right with right foot taking weight, step forward on the left foot

REPEAT

RESTART

On walls 5 and 10, restart after count 28