

Colour Blind

拍数: 0 墙数: 0 级数:
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音乐: Colour Blind - Darius Danesh



PART A

POINT FORWARD, ¼ TURN, ROCK FORWARD AND BACK, LEFT COASTER BACK

- 1-2 Point right forward, hold count 2
- 3-4 Turn ¼ right on ball of left foot, step right foot forward
- 5-6 Rock forward left foot rock back on right
- 7&8 Left foot back coaster step
- 9-16 Repeat counts 1-8

POINTS RIGHT AND LEFT, SAILOR STEP RIGHT, TOUCH, ¼ TURN AND WALK

- 17-18 Point right out to right - hold count 18
- &19-20 Close right foot quickly to left foot and point left out to left
- 21&22 Sailor step right
- 23&24 Touch right across left foot, pivot ¼ right on left foot, walk forward right foot

SHUFFLE FORWARD, PIVOT HALF, SHUFFLE FORWARD, BUMP HIPS

- 25&26 Left foot shuffle forward
- 27-28 Stepping forward on right foot pivot ½ left wait ending on left foot
- 29&30 Right foot shuffle forward
- 31-32 Bump hips left twice
- 33-64 Repeat these 32 counts again

PART B

FULL TURN MOVING FORWARD, BACK TOUCH, FORWARD TOUCH

- 1-4 Full turn right moving forward end touching left foot to right foot
- 5-6 Diagonal step back on left foot touch right foot to left foot
- 7-8 Diagonal step forward on right foot touch left foot to right foot

FULL TURN MOVING BACKWARDS, FORWARD TOUCH, BACK TOUCH

- 9-12 Full turn left moving back ending touching right foot to left foot
- 13-14 Diagonal step forward right foot touch left foot to right foot
- 15-16 Diagonal step back left foot touch right foot to left foot

HEEL SWITCHES, TOE TOUCHES, PIVOT ½ TURN WITH HITCH

- 17&18 Heel switches right heel left heel
- &19 Quickly closing left to right, touch right beside left
- &20 Then touch left beside right
- 21-22 Step forward on left foot - pivot ½ left hitching right leg
- 23&24 Right foot shuffle forward

ROCK FORWARD AND BACK, SWEEPS WALKING BACKWARDS, LEFT COASTER BACK

- 25-26 Forward rock on left foot replace weight back on right
- 27 Sweep left foot out and around behind right foot moving backwards
- 28 Sweep right foot out and around behind left foot moving backwards
- 29&30 Left foot back coaster step

DIAGONAL SCISSORS STEPS, TWIST

- 31&32 Scissor step moving forward diagonally right (right foot diagonally forward-left foot closes to right foot-step right foot across left foot)
- 33&34 Scissor step moving diagonally left (left foot diagonally forward-right foot closes to left foot-step left foot across right foot)
- 35-36 Twist $\frac{1}{4}$ right on balls of feet then $\frac{1}{4}$ left

KICK, KICK SAILOR STEP, KICK KICK SAILOR STEP, BUMP HIPS

- 37-38 Kick right foot forward and diagonally right
- 39&40 Sailor step to the left
- 41-42 Kick left foot forward and diagonally left
- 43&44 Sailor step to the right

A triple step can be danced on counts 43 and 44 turning a full turn to the right

- 45-48 Two hip bumps to the right-two hip bumps to the left

On the third repetition of Part B dance to count 30. Take right behind left foot and twist half right. Clap. Commence Part B again and dance to end of music swaying hips at end.

BRIDGE

After dancing Part B for the second time, the first 16 counts of Part A are as follows:

HEEL JACKS, $\frac{1}{4}$ TURN WITH TOE TOUCHES

- 1&2&3&4 Cross right foot over left foot, left foot to the side, right heel forward, bring right foot quickly back to left foot, jump left over right, jump back onto right foot, left heel forward
- &5-6 Turning $\frac{1}{4}$ to left quickly replace left foot to right foot and touching right beside left foot, hold
- &7-8 Jump onto right foot and touch left to right foot

Repeat counts 1-8 starting with & count as weight is quickly transferred back onto the left foot

Go back into Part A - counts 17-32

After completing Part A (end of Bridge) commence Part B facing the back wall - $\frac{1}{4}$ turn to the right is required. Part B is always danced facing the back wall
