

Blown It Again

拍数: 0 墙数: 1 级数: Intermediate
编舞者: Lee Fowler (UK) & Andrew Hayes (UK)
音乐: Blown It Again - Daniel Bedingfield



Sequence: ABBA, ABBA, A(first 12 counts), BB, A till music ends

SECTION A

RIGHT KICK BALL POINT, LEFT KICK BALL POINT, RIGHT SAILOR, LEFT SAILOR

1&2 Kick right forward, step right beside left, point left to left side
3&4 Kick left forward, step left beside right, point right to right side
5&6 Cross right behind left, step left to left side, step right to right side
7&8 Cross left behind right, step right to right side, step left to left side

CROSS UNWIND, STEP SLIDE LEFT, STEP SLIDE RIGHT, STEP BACK, TOUCH

1-2 Cross right behind left, unwind a full turn right, (finish with weight on right leg)
3-4 Step left to left side, slide right foot up to left
5-6 Step right to right side, slide left foot up to right
7-8 Step back on to left, touch right next to left, (feet should finish shoulder width apart)

SECTION B

POP IN, POP OUT, TWIST ¼, TWIST ½, TAP TAP, KICK FORWARD, TOUCH BACK

1-2 Pop right knee inwards, pop right knee outwards
3-4 On balls of the feet, twist heels and body ¼ turn left, twist ½ turn right, (move weight to left foot as you turn)
5-6 Tap right toe in front twice
7-8 Kick right foot forward, touch right toe back

RIGHT SHUFFLE FORWARD, ROCK LEFT FORWARD & BACK, ½ TURN LEFT, LEFT SHUFFLE FORWARD, STEP FORWARD RIGHT, PIVOT ½ TURN LEFT

1&2 Step right forward, close left beside right, step forward right
3-4 Rock forward onto left, rock back on to right
5&6 Turn ½ left into a left shuffle forward, (step left forward, close right beside left, step forward left)
7-8 Step forward right, pivot ½ turn left

WALK RIGHT, WALK LEFT, RIGHT COASTER STEP, BOUNCE X 4 (½ TURN LEFT)

1-2 Walk forward right, walk forward left
3&4 Step right foot back, step left beside right, step forward right
5-6 Bounce heels twice with ¼ turn left
7-8 Bounce heels twice with ¼ turn left

RIGHT ROCK AND CROSS, LEFT ROCK AND CROSS, POINT RIGHT, CROSS RIGHT BEHIND UNWIND ¾, STEP BACK TOUCH

1&2 Rock right to right side, rock back onto left, cross right over left
3&4 Rock left to left side, rock back onto right, cross left over right
5-6 Point right to right side, cross right behind left, unwind ¾ turn
7-8 Step back onto left foot, touch right next to left (feet should finish shoulder width apart)