

# Blown It Again

拍数: 0                      墙数: 1                      级数: Intermediate  
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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)