

Blue

拍数: 32 墙数: 4 级数:
编舞者: Deborah O'Hara (CAN)
音乐: Blue - LeAnn Rimes



TOE, TOUCH, STEP, COASTER, TOE TOUCH, STEP, COASTER

1-2 Touch right toe in front of left, step back on right foot
3 Drag left foot back
&4 Step back on right foot, step forward on left foot
5-6 Touch right toe in front of left, step back on right foot
7 Drag left foot back
&8 Step back on right foot, step forward on left foot

HEEL PIVOT, STEP, COASTER

9-10 Extend right heel forward, pivot ½ turn left stepping on left foot
11&12 Step back on right foot, step left foot to right foot, step forward on right foot

STEP HIP, HIP, HIP, TO THE RIGHT 2X

13-14 Step forward on your left foot and rotate hip clockwise
15&16 Rotate clockwise 2X

(ALTERNATE STEPS FOR 13-16)

13 Step forward on your left foot and extend left hip
14 Push right hip back
15&16 Rotate hips clockwise 1X

STEP SLIDE, STEP, HEEL, SLIDE, STEP, HEEL SLIDE, STEP, HEEL, TOUCH

17-18 Step forward on left foot, slide right foot to left
&19-20 Step back on left foot, extend right heel, slide left foot to right foot
&21-22 Step back on right foot, extend left heel, slide right foot to left foot
&23-24 Step back on left foot, extend right heel, slide left foot to right and touch to right instep

TOUCH, LIFT, TOUCH, PIVOT, STEP, TOUCH, EXTEND, TOUCH

25-28 Touch left toe to side, lift knee across right shin, touch left to side, pivot ¼ turn left
29-30 Step down on left foot, touch right toe to left instep
&31 Step back on right foot, extend left heel forward
&32 Step home with left foot, touch right to the left instep

REPEAT