

Blue 4 You

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Gloria Johnson (USA)
音乐: Lonely and Blue - Ronnie Beard



HEEL GRINDS, JAZZ BOX WITH ½ TURN

1 Cross-touch right heel over left foot with toe pointed left
2& Grind heel so that right toe moves from left to right; step left foot slightly to left of right foot
3 Cross-touch right heel over left foot with toe pointed left
4& Grind heel so that right toe moves from left to right; step left foot slightly to left of right
5-6 Cross-step right foot over left; step left foot back
7-8 (Turning ½ right on ball of left) step on right foot; step left foot beside right foot

HEEL GRINDS, JAZZ BOX WITH ¼ TURN

9 Cross-touch right heel over left foot with toe pointed left
10& Grind heel so that right toe moves from left to right; step left foot slightly to left of right foot
11 Cross-touch right heel over left foot with toe pointed left
12& Grind heel so that right toe moves from left to right; step left foot slightly to left of right
13-14 Cross-step right foot over left; step left foot back
15-16 (Turning ¼ right on ball of left) step on right foot; step left foot beside right foot

SHUFFLE FORWARD, ½ TURN, SHUFFLE BACK, ½ TURN, SHUFFLE FORWARD, KICK-BALL-TOUCH

17& Step right foot forward; step left together
18& Step right foot forward; turn ½ turn right on ball of left foot
19& Step left foot back; step right together
20& Step left foot back; turn ½ turn left on ball of left foot
21&22 Step right foot forward; step left together; step right foot forward
23&24 Kick left foot forward; step on ball of left; touch right foot to right side

SYNCOPATED TOE/HEEL TOUCHES

25-26 Touch right heel forward; hold
&27-28 Step on right foot; touch left heel forward; hold
&29-30 Step on left foot; touch right toe to right side; hold
&31-32 Step on right foot; touch left toe to left side; step left beside right

REPEAT
