

Blue Monday

拍数: 64 墙数: 2 级数:
编舞者: Mike Sliter (USA)
音乐: Blue Monday - Delbert McClinton



HEEL & TOE TOUCHES; BRUSH STEPS

- &1-2 Step back on right foot; touch left heel forward; hold
- &3-4 Step left foot next to right; step forward on right foot; hold
- 5-6 Step forward on left foot; brush right foot forward
- 7-8 Brush right back and across left; touch right toe next to left (on the left side of left foot)

¼ TURNS & TOUCHES; ½ TURNING JAZZ SQUARE

- 1-2 Step forward on right foot into ¼ turn to the right; touch left toe next to right
- 3-4 Step into ¼ turn left with left foot; touch right toe to the right side
- 5-6 Cross right over left; step back on left foot
- 7-8 Turn ½ turn to the right on right foot; step forward on left foot

¼ TURNS & TOUCHES; ½ TURNING JAZZ SQUARE

- 1-2 Step forward on right foot into ¼ turn to the right; touch left toe next to right
- 3-4 Step into ¼ turn left with left foot; touch right toe to the right side
- 5-6 Cross right over left; step back on left foot
- 7-8 Turn ½ turn to the right on right foot; step forward on left foot

HEEL & TOE TOUCHES; BRUSH STEPS

- &1-2 Step back on right foot; touch left heel forward; hold
- &3-4 Step left foot next to right; step forward on right foot; hold
- 5-6 Step forward on left foot; brush right foot forward
- 7-8 Brush right back and across left; touch right toe next to left (on the left side of left foot)

STOMP; SIDE-TOGETHER-SIDE; ROCK; ¼ TURN; TOUCH

- 1-2 While still crossed, pick right foot up and stomp down; hold
- 3&4 Step left to the side; step right next to left; step left to the side
- 5-6 Rock back on right foot; rock forward onto left foot
- 7-8 Step into ¼ turn right; touch left toe next to right foot

COASTER; BRUSH; TAP; ¼ TURN & TAP

- 1-2 Step back on left foot; step right next to left foot
- 3-4 Step forward on left foot; brush forward with right foot
- 5-6 Step forward on right foot; tap left toe behind right foot
- 7-8 Step left foot forward into ¼ turn right; tap right toe behind left foot

SIDE STEPS WITH HOLDS; ¼ TURN LEFT

- 1-2 Step right foot to the right side; hold
- &3-4 Step left foot next to right; step right foot to the right side; hold
- 5-6 Step left into ¼ turn left; hold
- &7-8 Step right foot next to left; step forward on left; hold

¼ JAZZ SQUARE; PADDLE TURNS TO THE LEFT

- 1-2 Cross right foot over left; step back on left foot
- 3-4 Step right foot ¼ turn to the right; step left foot next to right (weight is on left)
- &5&6 Step slightly forward on right and quickly turn ¼ to the left; (&6) repeat count &5

&7&8 Repeat counts &5 &6 (weight ends on left foot)

REPEAT
