

# Blue-Zzzy

拍数: 64      墙数: 2      级数: Improver  
编舞者: Deb Crew (CAN) & Knox Rhine (USA)  
音乐: Poor Me (Radio Remix) - Joe Diffie



## TAP-HITCH-TAP, COASTER-STEP

1            Tap right heel forward  
&            Hitch right knee up  
2            Tap right heel forward  
3            Step back on right foot  
&            Quickly step left foot back beside right foot  
4            Step forward on right foot

## TAP-HITCH-TAP, COASTER-STEP

5            Tap left heel forward  
&            Hitch left knee up  
6            Tap left heel forward  
7            Coaster step: step back on left foot  
&            Quickly step right foot back beside left foot  
8            Step forward on left foot

## HIP SWINGS

9            Step right foot forward & swing hips forward  
&            Swing hips back and shift weight back on to left foot  
10           Swing hips forward and shift weight forward on to right foot  
11           Step left foot forward & swing hips forward  
&            Swing hips back and shift weight back on to right foot  
12           Swing hips forward and shift weight forward on to left foot

## ROCK-STEP, COASTER-STEP

13           Rock forward on right foot  
14           Rock back in place on left foot  
15           Coaster step: step back on right foot  
&            Quickly step left foot back beside right foot  
16           Step forward on right foot

## TAP-HITCH-TAP, COASTER-STEP

17           Tap left heel forward  
&            Hitch left knee up  
18           Tap left heel forward  
19           Coaster step: step back on left foot  
&            Quickly step right foot back beside left foot  
20           Step forward on left foot

## TAP-HITCH-TAP, COASTER-STEP

21           Tap right heel forward  
&            Hitch right knee up  
22           Tap right heel forward  
23           Coaster step: step back on right foot  
&            Quickly step left foot back beside right foot  
24           Step forward on right foot

## **HIP SWINGS,**

- 25 Step left foot forward & swing hips forward  
& Swing hips back and shift weight back on to right foot  
26 Swing hips forward and shift weight forward on to left foot  
27 Step right foot forward & swing hips forward  
& Swing hips back and shift weight back on to left foot  
28 Swing hips forward and shift weight forward on to right foot

## **ROCK-STEP, COASTER-STEP**

- 29 Rock forward on left foot  
30 Rock back in place on right foot  
31 Coaster step: step back on left foot  
& Quickly step right foot back beside left foot  
32 Step forward on left foot

## **SIDE, CROSS, SIDE-CROSS-SIDE**

- 33 Step to right side on right foot  
34 Cross step left foot over right foot  
35 Step to right side on right foot  
& Cross step left foot over right foot  
36 Step to right side on right foot

## **SIDE, CROSS, SIDE-CROSS-SIDE**

- 37 Step to left side on left foot  
38 Cross step right foot over left foot  
39 Step to left side on left foot  
& Cross step right foot over left foot  
40 Step to left side on left foot

## **SIDE, CROSS, SIDE-CROSS-SIDE**

- 41 Step to right side on right foot  
42 Cross step left foot over right foot  
43 Step to right side on right foot  
& Cross step left foot over right foot  
44 Step to right side on right foot

## **SIDE, CROSS, SIDE-CROSS-SIDE**

- 45 Step to left side on left foot  
46 Cross step right foot over left foot  
47 Step to left side on left foot  
& Cross step right foot over left foot  
48 Step to left side on left foot

## **CROSS-ROCK, ½ TURN LEFT,**

- 49 Step across behind left leg with right foot  
50 Rock forward onto left foot  
51 Pivot ¼ turn left on ball of left foot, stepping right foot next to left foot  
& Pivot ¼ turn left on ball of right foot. Stepping left foot next to right foot  
52 Place right foot next to left foot

## **CROSS-ROCK, ½ TURN RIGHT**

- 53 Step across behind right leg with left foot  
54 Rock forward onto right foot  
55 Pivot ¼ turn right on ball of right foot, stepping left foot next to right foot

& Pivot  $\frac{1}{4}$  turn right on ball of left foot, stepping right foot next to left foot  
56 Place left foot next to right foot

**WALK, WALK, SPLIT, RESET**

57 Step forward with right foot  
58 Step forward with left foot  
& Step back onto ball of right foot  
59 Touch left heel forward  
& Step to center with left foot  
60 Touch right toe next to left foot

**WALK BACK, BACK,  $\frac{1}{2}$  TURN, WALK FORWARD**

61 Step back with right foot  
62 Step back with left foot  
& Pivot  $\frac{1}{2}$  turn right on ball of left foot  
63 Step forward with right foot  
64 Step forward with left foot

**REPEAT**

---