Learning The Blue

拍数: 64　　　　　墙数: 2　　　　　级数: Beginner

编舞者: Lynne Martino (USA) - December 2006

音乐: Learning The Blues Sung - Frank Sinatra : (Album: The Capital Years, 1990, contemporary, vocal jazz)

1-8　　　　**Points Right Side and Front, Step Right, Cross Left, Step Right**
1-4　　　　Point R toe to right side and hold, point R toe forward and hold
5-8　　　　Step R to the right, cross L over R, step on R and hold

9-16　　　　**Points Left Side and Front, Step Left, Cross Right,Step Left**
1-4　　　　Point L toe to left side and hold, point L toe forward and hold
5-8　　　　Step L to the left, cross R over L, step on L and hold

17-24　　　　**Step Right Forward, Touch Left, Step Left Back, Touch Right, Step Right Back,Touch Left, Step Left Forward, Touch Right**
1-4　　　　Step R forward angling slightly and touch L next to R, Step L back on a slight angle and touch R next to L
5-8　　　　Step R back angling slightly and touch L next to R, Step L forward angling slightly, and touch R next to L

25-32　　　　**Step Right, Left Sailor, Right Sailor**
1-4　　　　Step R to the right, step L behind R, step R next to L, step L next to R
5-8　　　　Step R behind L, step L next to R, step R to R side and hold

33-40　　　　**Weave L, Cross Left Over Right, Step on Right ¼ turn left, Step L**
1-4　　　　Cross L over R, step R to right side, cross L behind R, step R to right side
5-8　　　　Cross L over R, step back on R making a ¼ turn left, step forward on L and hold

41-48　　　　**Right and Left Rock and Cross**
1-4　　　　Rock R to right side, recover on L, cross R over L and hold
5-8　　　　Rock L to left side, recover on R, cross L over R and hold

49-56　　　　**Right and Left Forward Rock Steps with Heel and Foot Lifts**
1-4　　　　Step R forward and raise right heel and left foot(for cts. 1,2), step back on L, step R next to L
5-8　　　　Step L forward and raise left heels and right foot(for cts.5,6), step back on R, step L next to R

57-64　　　　**Right Jazz Box with a ¼ Turn Left**
1,2　　　　Cross R over L and hold
3,4　　　　Step back on L and hold
5,6　　　　Step R to right side and hold
7,8　　　　Step forward on L ¼ turn left and hold

RESTART: Dance the FIRST 32 counts and start again

TAG: ADD another jazz box without the ¼ turn

Sequence of restarts and tags:

Wall 3-12 o?clock,dance 1st 32 cts and start again

Wall 4-6 o?clock, end of Wall 3, add another jazz box

Wall 4- 6 o?clock,dance 1st 32 cts and start again

Wall 5-12 o?clock,end of wall 4, add another jazz box

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