

Worrying Blues

拍数: 32 墙数: 4 级数: Improver (clockwise)
编舞者: Phil Johnson (UK) - March 2008
音乐: Worry B Gone - Willie Nelson & Kenny Chesney : (CD: Moment of Forever - Willie Nelson)



Intro 16 counts (Start on the word "Gimme" – Gimme just one more sip....) (128 bpm).

Step Forward, Slide, Clap x 2

- 1-4 Long step forward on right, slide left to join (over three beats –end with left touching beside right), Clap (on count 4);
- 5-8 Long step forward on left, slide right to join (over three beats – end with right touching beside left), Clap (on count 8).

Note: Whilst sliding foot to join the other bend elbows and hold hands out forward whilst shimmying upper torso/ shoulders over counts 2-4 and 6-8. Attitude Boys and Girls!

Step Right Forward Pivot Half Turn Left x 2, Grapevine Right, Touch Left beside Right

- 9-12 Step right forward, pivot half turn left, step right forward, pivot half turn left (weight on left);

Note: Whilst performing the pivot turns sway hips gently right left

- 13-16 Step right to right side, cross step left behind right, step right to right side, touch left toe beside right.

Grapevine Left with ¼ turn Left, Brush Right, Right Jazz Box, Cross Step Left over Right

- 17-20 Step left to left side, cross step right behind left, ¼ turn left stepping left forward, brush right heel forward;
- 21-24 Cross step right over left, step back on left, step right to right side, cross step left in front of right.

Chasse Right, ¼ turn left, chasse left with ¼ turn left, Walk Forward Right Left, Right Kick Ball Cross

- 25&26 Step right to right side, step left beside right, step right to right side;
- 27&28 ¼ turn left stepping left to left side, step right beside left, ¼ turn left stepping left forward;
- 29-30 Walk forward right, left;
- 31&32 Kick Right foot forward, step on ball of right foot, cross step left over right (weight on left).

Start again, Enjoy.....
