

Blackout

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate - Hustle rhythm
编舞者: Michael Barr (USA) - January 2012
音乐: Blackout - Breathe Carolina : (CD: Hell Is What You Make It - 3:30)



Intro: 8 counts.

[1-8] RIGHT BALL-CHANGE (Hustle step), STEP, TOUCH, HOLD ~ REPEAT w LEFT

& 1-2 Step back on ball of R (&); Return weight onto L in place; Step R forward
3 - 4 Touch L toe directly forward (hips are open slightly to right diagonal); Hold
& 5-6 Step back on ball of L (&); Return weight onto R in place; Step L forward
7 - 8 Touch R toe directly forward (hips are slightly open to left diagonal); Hold

[9-16] BALL-CHANGE, STEP, CHASE 1/2 RIGHT ~ HIP, SIT, HOLD, BALL-CHANGE

& 1-2 Step back on ball of R (&); Return weight onto L in place; Step R forward
3 & 4 Step L forward; Turn ½ right taking weight onto R; Step L forward (6 o'clock)
5-6-7 Step onto ball of R to right diagonal while pushing R hip forward; Sit back onto L hip (weight L); Hold
& 8 Step ball of R behind left heel (&); Return weight to L in place

[17-24] STEP, TOUCH, HOLD, STEP, TOUCH ~ 1/4 R , 1/2 R, HOLD, BALL-CHANGE

1-2-3 Step R forward; Touch L side left; Hold
& 4 Step L next to R; Touch R side right
5-6-7 Turn ¼ right stepping forward on R; Turn ½ right stepping back on L; Hold (7) (3 o'clock)
& 8 Step ball of R side right (& slightly back) (&); Return weight onto L in place

[25-32] STEP-BALL-CHANGE, CROSS, SIDE ~ 1/4 TURN HIPS L,R,L, HOLD

1 & 2 Step R forward to left diagonal; Step ball of L side left; Return weight onto R in place
3 - 4 Step L in front of R; Step R side right
5-6-7-8 Turn ¼ left stepping L side left swaying hips L; Sway hips R; Sway hips L; Hold (12 o'clock)

Styling: R arm crosses body to left hip (5); R arm swings open to R hip (6); R arm crosses body to L hip (7)

[33-40] STEP FORWARD, RETURN (2cts), HOLD ~ BALL-CHANGE, SIDE, HOLD, BALL-CHANGE

1 - 2 Step R to forward right diagonal (1); Start returning weight back onto L in place (2)
3 - 4 Finish transfer of weight to L by pushing back into left hip (3); Hold (see arms below for 1-4)

Styling: Bring arm/fists in front of body crossing wrists (either one) at waist level

(1); Uncross, rotating fists to facing up (2); Curve arms/fists in and then straight down (3); Hold (keep head up with good frame)

& 5-6-7 Step back on ball of R (&); Return wt. onto L in place; Step R side right; Hold
& 8 Step back on ball of L (&); Return weight onto R

[41-48] 1/4 TOUCH, STEP, 1/4 TOUCH, STEP ~ 1/4 TOUCH, STEP, TOUCH, HOLD

1 - 2 Turn ¼ left, touch/tap L toe forward; Step onto L in place (slight knee bend) (9 o'clock)
3 - 4 Turn ¼ left on ball of left, touch/tap R side right; Step onto R in place (slight knee bend) (6 o'clock)
5 - 6 Turn ¼ left on ball of right, touch/tap L forward; Step L in place (slight knee bend) (3 o'clock)
7 - 8 Touch R side right; Hold

BEGIN AGAIN!!!

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