

Blurred Lines

拍数: 64 墙数: 2 级数: Advanced - WCS feel
编舞者: Rachael McEnaney (USA) & Arjay Centeno (USA) - April 2013
音乐: Blurred Lines (feat. T.I. & Pharrell) - Robin Thicke : (iTunes)



Count In: 32 counts from start of track. Approx 120bpm.

[1 - 9] R hitch, slide, L behind sweeping R, R behind, L ball, R cross, ¼ turn L walking L, R, L mambo into ¼ L

- 1 2 3 Hitch right knee (1), take big step to right side sliding left towards right (2), step left behind right as you release & sweep right foot (3) 12.00
- 4 & 5 Cross right behind left (4), step ball of left to left side (&), cross right over left (5) (styling: as you do 'ball cross' bend knees & dip slightly) 12.00
- 6 7 Make ¼ turn left stepping forward on left (6), step forward right (7), 9.00
- 8 & 1 Rock forward on left (8), recover weight to right (&), make ¼ turn left stepping left to left side (1), 6.00

[10 - 17] Touch R, step R, kick L ball walk R-L-R, step fwd L, pivot ¼ turn R, L cross

- 2 3 4 Touch right next to left (2), step right to right side (3), kick left foot forward (4) 6.00
- & 5 6 7 Step in place on ball of left (&), step forward right (5), step forward left (6), step forward right (7) 6.00
- 8 & 1 Step forward left (8), pivot ¼ turn right (&) cross left over right (1) 9.00

[18 - 25] Big step R slide L, L behind , R side ball rock, R cross, L side, R behind, L side ball rock

- 2 3 Take big step to right side (2), hold as you slide left towards right (3), 9.00
- 4 & 5 Cross left behind right (4), rock ball of right to right side (&), recover weight to left (5) 9.00
- 6 7 8 & 1 Cross right over left (6), step left to left side (7), cross right behind left (8), rock ball of left to left side (&), recover weight to right (1) 9.00

[26 - 32] L cross, R side, L sailor with ¼ turn into a ¾ paddle turn L

- 2 3 Cross left over right (2), step right to right side (3), 9.00
- 4 & 5 Cross left behind right (4), make 1/8 turn left stepping right next to left (&), make 1/8 turn left stepping forward on left (5) 6.00
- &6&7&8 PADDLE TURN LEFT: Step right next to left (&), make ¼ turn left stepping forward left (6), step right next to left (&), make ¼ turn left stepping forward left (7), step right next to left (&), make ¼ turn left stepping forward left (8)

Styling: Try not to make this regimented, make it a flowing circle as if dancing around a handbag on your left :-) 9.00

[33 - 40] Side R, hip roll L, twist L heels-toes-heels, twist R heels-toes

- 1 2 3 Step right to right side pushing hip right (1), make big circle anti-clockwise (L) for 2 counts ending with hip & weight right (2,3) 9.00
- 4&5 6 7 Twist both heels left (4), twist both toes left (&), twist both heels left (5), twist both heels right (6), twist both toes right (7) 9.00
- 8 Kick left foot forward 9.00

[41 - 48] Close L, R touch, R hitch, R behind, L touch, L hitch, L behind, R touch, R hitch, R behind, L shuffle ¼ L

- & 1 & 2 Step left next to right (&), touch right to right side (you could also do a low kick) (1), hitch right knee (&), cross right behind left (2) 9.00
- 3 & 4 Touch left to left side (you could also do a low kick) (3), hitch left knee (&), cross left behind right (4) 9.00
- 5 & 6 Touch right to right side (you could also do a low kick) (5), hitch right knee (&), cross right behind left (6) 9.00

7 & 8 Step left to left side (7), step right next to left (&), make ¼ turn left stepping forward left (8)
6.00

[49 - 56] Step R, ¾ pivot L with R sweep, R cross, L back, R close, walk L-R-L

1 2 3 Step forward right (1), pivot ¾ turn left transferring weight to left as you sweep right (2), hold and continue sweep with right (3) 9.00

4&5 6 7 8 Cross right over left (4), step back on left (&), step right next to left (5), step forward left (6), step forward right (7), step forward left (8) 9.00

[57 - 64] Heel-heel turn with ½ R, walk R-L, ¼ L with hip bumps, L ball, R cross, unwind ½ L

& 1 Make ¼ turn right as you swivel right heel in towards left (&), make ¼ turn right as you swivel left heel out (1) weight ends left 3.00

2 3 Step forward right (2), step forward left (3), 3.00

4&5&6 Make ¼ turn left as you lift right foot bumping hips right & up (4), bump hips to centre as you touch right to right side (&) bump hips to right & down (5), bump hips to centre (&), bump hips to right & down (6) (4&5 is C hips. During 5&6 try to take knees in same direction) 12.00

& 7 8 Step in place on ball of left (&), cross right over left (7), unwind ½ turn left taking weight to left (8) 6.00

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