

# Black and Blue

COPPER KNOB  
BY STEPHEN

拍數: 96      牆數: 4      級數: Phrased Intermediate  
編舞者: Colleen Archer (AUS) - January 2016  
音樂: Black & Blue - Guy Sebastian : (Album: Black & Blue - Single - iTunes)



Intro: 16 counts SP. Weight on R Intermediate Level Date: 28th December, 2015 "For...Jayne" □

Track time: 3.39 mins, 4 wall, Phrased (A) 64 counts & (B) 32 counts BPM: 110 Version: 1

## (A) □ – 64 counts □

### A1: ROCK FWD, REC, ½ TURN SHUFFLE, ½ PIVOT, OUT, OUT, BUMP

1, 2            Rock step L forward, Recover R  
3 & 4          Turn ¼ & step L to left side, Step R beside L, Turn ¼ left & step L forward  
5, 6            Step R forward, Turn ½ left taking weight onto L  
& 7, 8         Step R to right side, Step L to left side, Bump hips to right (weight on R) # (short 1) □(12)

### A2: SHUFFLE, CROSS ROCK, REC, ¾ TURN, ½ TURNING SHUFFLE

1 & 2          Step L to left, Step R beside L, Step L to left side  
3, 4            Rock step R across L, Recover L  
5, 6            Turn ¼ right & step R forward, Turn ½ right & step L back  
7 & 8          Turn ¼ right & step R to right, Step L beside R, Turn ¼ right & step R forward □(3)

### A3: ROCK FWD, REC, BACK, DRAG, TOG & ¼ PADDLE, X-SHUFFLE

1, 2            Rock step L forward, Recover R  
3, 4            Long step L back, Drag R to touch beside L  
& 5, 6          Step R beside L, Step L forward, Turn ¼ right taking weight onto R  
7 & 8          Step L across R, Step R to right side, Step L across R □(6)

### A4: ROCK SIDE, REC, TOG, ROCK SIDE, REC, ROCK FWD, REC, BACK, LOCK, BACK

1, 2 &         Rock step R to right side, Recover L, Step R beside L  
3, 4            Rock step L to left side, Recover R  
5, 6            Rock step L forward, Recover R  
7 & 8          Step L back, Lock R across L, Step L back □(6)

### A5: ROCK BACK, REC, BUMP FWD BACK FWD, ¼ PADDLE, ACROSS, TOUCH □

1, 2            Rock step R back, Recover L  
3 & 4          Touch R toe forward 45° right & bump hips R L R ending weight on R ### (Restart)  
5, 6            Step L forward, Turn ¼ right taking weight onto R  
7, 8            Step L across R, Touch R toe to right side ## (short 2, step R to side) □(9)

### A6: ACROSS, BACK, MAMBO, ¼ PADDLE, X-SHUFFLE

1, 2            Step R across L, Step L back  
3 & 4          Rock step R back, Recover L, Step R forward  
5, 6            Step L forward, Turn ¼ right taking weight onto R  
7 & 8          Step L across R, Step R to right side, Step L across R □(12)

### A7: ROCK FWD, REC, ½ TURN TRIPLE, FWD, ½ TURN, COASTER

1, 2            Rock step R forward to 45° right, Recover L  
3 & 4          Turn ½ right stepping R L R on the spot  
5, 6            Step L forward, Turn ½ left & step R back  
7 & 8          Step L back, Step R beside L, Step L forward (still facing right diagonal) □(1)

### A8: ROCK SIDE, REC, SAILOR, TOUCH ACROSS, UNWIND, COASTER

1 2            Rock step R to right side, Recover L (add finish)  
3 & 4         Step R behind L, Rock step L to left side, Recover R  
5, 6         Touch L toe across R, Unwind 225 ° right keeping weight on L & pop R knee  
7 & 8         Step R back, Step L beside R, Step R forward□(9)

Begin again.....

**SHORT WALL 1: # Wall 3...dance first 8 counts only and start wall 4 (PART B) facing 6 o'clock.**

**SHORT WALL 2: ## Wall 6 ...begins at 3 o'clock, dance first 39 counts, step R to right side and start wall 7 (PART B) facing 12 o'clock.**

**RESTART:□### Wall 8, dance first 36 counts and begin wall 9 facing 6 o'clock.**

**(B) – 32 counts**

**B1: ROCK FWD, REC, BUMP BACK FWD BACK, ROCK BACK, REC, BUMP FWD, BACK, FWD (6)□□**

1, 2            Rock step L forward, Recover R  
3 & 4         Touch L toe back 45° left & bump hips back, forward, back ending weight on L  
5, 6         Rock step R back, Recover L  
7 & 8         Touch R toe forward 45° right & bump hips forward, back, forward ending weight on R□(12)

**B2: ¼ PADDLE, ¼ PADDLE, X-SAMBA, ACROSS, POINT**

9, 10         Step L forward, Turn ¼ right taking weight onto R  
11, 12        Step L forward, Turn ¼ right taking weight onto R  
13 & 14        Step L across R, Rock step R to right side, recover L  
15, 16        Step R forward across L, Touch L to left side□(6)

**B3 AND B4: REPEAT COUNTS [1 – 16]**

**NOTE:□(B) Wall 4 starts & finishes at 6 o'clock. (B) Wall 7 starts & finishes at 12 o'clock.  
BOTH (B's) follow the short walls.**

**SEQUENCES: (A) 64 : 64 : 8 (short 1) (B) 32 (A) 64 : 40 (short 2) (B) 32 (A) 36 (restart) : 60**

**FINISH: Wall 9 ...dance first 58 counts, add right turning sailor to 12 o'clock ....  
Sweep R & step behind L turning 135° right, Step L to left side, Long step R to right side, Drag L towards R**

**Dance may be copied and distributed provided original steps remain unchanged.**

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