

Blue Prelude

拍數: 32 牆數: 4 級數: Improver
編舞者: Kirsi-Marja Vinberg (FIN) - February 2018
音樂: Blue Prelude - Nina Simone



CROSS SLIDES & SHAKES

- 1-2 step right across left(10 o'clock'), slide left toe beside right(upper body to front wall)
3&4& lift up your left shoulder, drop it down, lift up your right shoulder, drop it down
5-6 step left foot across right foot(14.00 0'clock'), slide right toe beside left(upper body to front wall)
7&8& lift up your right shoulder, drop it down, lift up your left shoulder, drop it down

MESS AROUNDS 3

- 1-4 weight in both feet roll hips around clockwise
5-6 roll hips around
7-8 roll hips around

LASSO R WITH SIDE TOUCHES, LASSO L WITH SIDE TOUCHES

- 1 a2 step right to right, step left nearer to right, step right to side(hips are doing lasso-movement)
3-4 touch left foot beside right two times
5 a6 step left to side, step right nearer to left, step left to left(hips are doing lasso-movement)
7-8 touch right beside left two times

SIDE TOUCHES WITH ¼ TURN R, SIDE SLIDES WITH DOWNWARDS MOVEMENT

- 1-2 step right to side and turn ¼ right, touch left together
3-4 step left to side, touch right together
5-6 step right to side going downwards(bending knees), slide left together and straighten up
7-8 step left to side going downwards, slide right together and straighten up

Repeat

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