

Black Sheep

拍數: 64 牆數: 1 級數: Phrased Intermediate
編舞者: Lauren White (USA) - March 2020
音樂: Black Sheep - 8Track - Walker Hayes



Dancing starts at 00:12 seconds

Seq: A, B, B (only first 16), A, B, B (only first 16)

Part A

Section 1 (12 o'clock): Right skate, Left skate, Right shuffle step, Left skate, Right skate, Left shuffle steps

1, 2 Right side step, Left side step,
3&4 Right side step, Right side step
5, 6 Left side step, Right side step
7&8 Left side step, Left side step

Section 2 (12 o'clock): Wizard Step forward, ¼ Paddle Turn left, ¼ paddle turn left.

1, 2, & Right foot step forward diagonal, cross left behind right, small step forward while replacing weight to right foot (on &)
3, 4, & Left foot step forward diagonal, cross right behind left, small step forward while replacing weight to left foot (on &)
5-6 Step Right forward and ¼ push to the left
7-8 Step Right forward and ¼ push to the left

Section 3 (6 o'clock): ½ Monterey right, ½ monteray left, Right heel touch, Left heel touch, Right big step forward with a body roll.

1-2 (weighted left) Point Right toe out to right side, ½ turn on left foot while you bring your right back to center (you will be facing 12 o'clock).
3-4 (weighted right) Point Left toe out to left side, ½ turn on right foot while you bring your left back to center (you will be facing 6 o'clock).
5&6& Right heel touch front, replace weight on right (on &), left heel touch, replace weight on left (on &)
7-8 Big step forward with right foot (body roll up), step left next to right.

Section 4 (6 o'clock): 2 left toe points, Left slide step and drag right, 1 ¼ turn over right shoulder, walk left, walk right.

1-2 (weighted right) Touch left toe out to side, pull back to center, touch left toe out to side, pull back to center
3-4 Big step/Slide to left side, drag right toe to center (on 4)
5&6 1¼ turn over right shoulder.
(5): Small step Spinning on Right (will now be facing 9 o'clock),
(&): Spinning on Left (facing 3 o'clock),
(6): Spinning on Right (facing 9 o'clock and weighted Right)
7-8 Walk forward on left, walk forward on Right

Part B

Section 1 (9 o'clock): Forward jump w/ hip circle, Backwards jump w/ hip circle, Left Heel Jack and Right Heel Jack

1-2 Jump Forward (with wide feet), 1 quick hip circle
3-4 Jump Backwards (with wide feet), 1 quick hip circle
5-6 Cross left behind right, step onto right and touch left heel to left front diagonal
7-8 hop onto left, cross right foot in front of left, hop onto left and touch left heel to right forward diagonal

Section 2 (9 o'clock): Right Stomp, Left Stomp, Hip circle to the left, right hip pop, ¼ turn right step, ½ turn left

hitch, shuffle forward left, right, left

- 1& Right Stomp, Left stomp immediately into
- 2-3 Hip circle to the left, drop left hip low so that you can
- 4 Right hip pop up to the right
- 5-6 ¼ turn to the right (now 12 o'clock) by stepping the right foot into a forward step (like a lunge), ½ turn hitch to the left (now 6 o'clock)
- 7-8 Shuffle step forward, Left, right, left.

Section 3 (6 o'clock): Rocking chair, full turn over the left shoulder, quick Rock to right side, 2 1/4 spins

- 1&2 Rock forward on right, replace weight on left, step back on right, replace weight on left center
- 3, 4 Step forward on right, spin all the way around still weighted on right foot, step land weighted on left foot.
- 5&6 Rock out on right side, weight to left, cross right over left , spin 3/4 over left shoulder so that you're facing 9 o'clock, weighted on the right foot
- 7 ½ turn (to 3 o'clock) on left foot,
- & ½ turn (to 9 o'clock) on right foot,
- 8 ½ turn (to 3 o'clock) land on left foot

Section 4 (3 o'clock): Right Rocking chair with a slide Left back, Left coaster step, Hip dip to right with a snap, hip dip to left with a snap

- 1-2 Right forward step, replace weight to left foot, step right backwards, drag left toe to right foot
- 3&4 step left backwards, step right next to left, step and weight left forward,
- 5-6 Step and weight right out to right side with a left toe point
- 7-8 Step and weight left out to left side with a right toe point.

Repeat Section B1 and B2 (total of 16 counts).

At the end of B2, you should be on your 12 o'clock wall, and you start again from A.

Last Update - 3 Jul. 2024 - R1
