

Black & White

拍數: 56 牆數: 2 級數: Intermediate
編舞者: I Wanna Kids (INA) - August 2020
音樂: Black or White - Michael Jackson



Dance starts on vocal

I. KICK BALL CHANGE (2X), SIDE, BEHIND SIDE, CROSS

1&2 Kick R to diagonal forward, step R in place, step L forward
3&4 Kick R to diagonal forward, step R in place, step L forward
5-6 Rock R to side, recover on L
7&8 Cross L behind R, step L to side, cross R over L

II. SIDE, HANDS MOVE, TOES IN, HEELS IN, TOES IN

1&2 Step L to side while R arm touch L chest, R arm touch R chest, take R arm down beside body
3&4 Both of toes in, both of heels in, both of toes in
5-6 Step R to side while take R arm up, cross touch L behind R while stretch R arm to side
7-8 Step L to side while take R arm up, ¼ turn L bend both of feet and drop R arm in front (9.00)

III. BACK, BACK, MOON WALK, TOUCH

1-2 Step L back and pop R knee, hold
3-4 Step R back and pop L knee, hold
5-6 Step L back, step R back
7-8 Step L back, touch R beside L

(do the 5-8 count as moon walk)

IV. CROSS, ¼ TURN R, SHUFFLE, PIVOT ½ TURN, SHUFFLE

1-2 Cross R over L, recover on L
3&4 ¼ Turn R stepping R forward, step L beside R, step R forward
5-6 Step L forward, ½ turn R stepping R in place (6.00)
7&8 Step L forward, lock R behind L, step L forward

V. FORWARD, CLOSE, FORWARD, CLOSE, SIDE, CLOSE, SIDE

1-2& Rock R forward, recover on L, close R beside L
3-4& Rock L forward, recover on R, close L beside R
5-6& Rock R to side, recover on L, close R beside L
7-8 Rock L to side, recover on R

VI. CROSS, BACK, SIDE, CROSS, SIDE TOUCH, CROSS SAMBA R-L

1&2 Cross L over R, step R back, step L to side
3&4 Cross R over L, recover on L, point R to side
5&6 Cross R over L, step L to side, step R in place
7&8 Cross L over R, step R to side, step L in place

VII. KICK, TOUCH, POP KNEE TWICE, BACK, FORWARD, SIDE, CROSS

1&2 Kick R over L, step R in place, touch L behind R and take L arm to back head and R arm stretch to side (4.30)
3-4 Pop both knees twice
&5-6 Step R back, step L in place, step R forward
7&8 Step L to side, recover on R, cross L over R (6.00)

There are 2 Restarts in this dance, on wall 3 with change step and wall 4

Restart on wall 3 after 52 count with step change for the last 4 count (49-52) facing 6.00 do:

1&2 Kick R over L, step R in place, step L back

3-4 Step R to side, cross L over R

Restart on wall 4 after 32 count facing 12

Enjoy the dance.

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