

Code Blue

拍數: 32 牆數: 2 級數: High Beginner
編舞者: Jen Michele (USA), Robyn Durham (UK) & Brenda Holvick (UK) - October 2020
音樂: Flatliner (feat. Dierks Bentley) - Cole Swindell
或: Sideways - Dierks Bentley



**** Restart on wall 3 after penguin turn****

HEEL DIG, COASTER STEP, LEFT HIP BUMPS, RIGHT HIP BUMPS

1-2 grind heel as you turn ¼ turn right, step back onto the left foot (3:00)
3&4 step back onto the right foot, step left next to right, step right forward (3:00)
5&6 step left foot forward as you bump your hip forward, back, forward (3:00)
7&8 step right foot forward as you bump your hip forward, back, forward (3:00)

ROCK, STEP, COASTER STEP, PENGUIN TURN

1-2 rock forward onto the left foot, recover on the right (3:00)
3&4 step back on the left foot, step right next to left, then forward on the left (3:00)
5-6 turn ½ turn left as you step side right (9:00), turn ¼ turn left as you step side left (6:00)
7-8 turn ¼ turn left as you step side right ((3:00), turn ¼ turn left as you step side left (12:00)

****RESTART HERE ON WALL 3****

CROSS SHUFFLE, ROCK, STEP, CROSS SHUFFLE, ROCK, STEP

1&2 cross right over left, step side left, cross right over left (12:00)
3-4 rock side left, recover right (12:00)
5&6 cross left over right, step side right, cross left over right (12:00)
7-8 rock side right, recover left (12:00)

TOE AND HEEL, AND TOE AND HEEL, AND STEP, PIVOT 1/2 , WALK, WALK

1& touch right toe next to left foot, step back on right (12:00)
2& tap left heel forward, step on left (12:00)
3& touch right toe next to left foot, step back on right (12:00)
4& tap left heel forward, step on left (12:00)
5-6 step forward on right foot, ½ pivot left (6:00)
7-8 walk forward, right, left (6:00)

Happy Dancing!!!

Email Jen Michele with any questions: danceitoutlinedancing@yahoo.com

Last Update: 17 Sep 2023