

Not Blue

拍數: 32 牆數: 4 級數: Improver
編舞者: Derek Steele (USA) & Eryn Miller (USA) - October 2022
音樂: I'm Good (Blue) - David Guetta & Bebe Rexha



Intro: 32 counts

[1-8] SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, 1/4 SAILOR STEP

1,2 1) Rock side R, 2) Recover weight on L,
3&4 3) Step R behind L, &) Step side L 4) Step L across R
5,6 5) Rock side L, 6) Recover weight on R
7&8 7) Turning 1/4 left [9:00], step L behind R, &) Step side R, 8) Step side(or slightly forward) L

[9-16] CROSS, POINT, CROSS, POINT, BACK, 1/4, WALK, WALK

1,2,3,4 1) Step R across L, 2) Touch L toes to side, 3) Step L across R, 4) Touch R toes to side
5,6,7,8 5) Step back R, 6) Turn 1/4 left stepping side L [6:00], 7) Step forward R, 8) Step forward L

[17-24] HIP ROLL R, HIP ROLL L, ROCK, RECOVER, TRIPLE BACK

1,2 1- 2) Step forward R rolling your hips counter-clockwise back to front ending over R
3,4 3- 4) Take weight on L rolling your hips clockwise back to front ending over L
5,6 5) Rock forward R, 6) Recover weight back on L
7&8 7) Step back R, &) Step together L, 8) Step back R

[25-32] 1/4, CROSS, BACK, TOGETHER, FORWARD, FORWARD, HOLD, BODY ROLL DOWN

1,2 1) Turn 1/4 left [3:00] stepping side L, Step R across L
3,4 3) Step back L, 4) Step together R (split weight)
&5,6 &) Quick step forward R, 5) Step shoulder-width apart L, 6) Hold
7-8 7) Body Roll down (start at head/shoulders, end at booty/knees) ending with weight on L

START AGAIN FROM THE TOP AND ENJOY!

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