

Black Is Black

拍數: 88 牆數: 1 級數: Phrased Improver
編舞者: Roly Ansano (USA) & V- Brothers CDO (USA) - February 2024
音樂: Black Is Black Reggae ChaCha - by Helena Cinto Cover feat. DJ John Paul



Seq: PreDance - AAB - ABA -T ag - Bridge - CC
Intro: 32

PreDance (32C)

TOE TOUCHES, HALF-TURN STEPS

- 1-2 Turn 1/4 left and tap R toe forward twice
- 3-4 Tap R toe back twice
- 5-6 Step R forward, turn 1/4 right & step L side
- 7-8 Turn 1/4 right & step R side, touch L together

- 9-10 Tap L toe forward twice
- 11-12 Tap L toe back twice
- 13-14 Step L forward, turn 1/4 left & step R side
- 15-16 Turn 1/4 left & step L side, touch R together

- 17-28 Repeat steps 1-12
- 29-30 Step L forward, turn 1/4 left & step R side
- 31-32 Step L in place, touch R together

MAIN DANCE

Part A (56C)

Sec 1. SIDE-TOGETHER-SIDE-TOUCH ROUTINE

- 1-4 Step R side, step L together, step R side, touch L in place
- 5-8 Step L side, step R together, step L side, touch R in place

[9-16] Repeat steps 1-8

Styling: 1-16 Cross-uncross-cross-uncross arms across chest (4X)

[17-32] Repeat steps 1-16

Styling: 17-32 Cross-uncross-cross-uncross arms overhead (4X)

[33-36] Step R side, step L together, step R side, touch L in place

Styling: 33 Extend L arm overhead to right, R hand next to ear

- 34 Extend R arm overhead to left, L hand next to ear
- 35 Same as 33
- 36 Hold position

[37-40] Step L side, step R together, step L side, touch R in place

Styling: Reverse arm position 33-36

Sec 2. SIDE-TOGETHER-SIDE-TOUCH, BODY SWAYS

[41-48] Repeat steps 33-40

- 49-52 Rock R side, recover, rock R side, touch L side
 - 53-56 Rock L side, recover, rock L side, touch R side
- Styling: 49-52 Cross hands over heart and sway torso right-left-right, hold
- 53-56 Cross hands over heart and sway torso left-right-left, hold

Part B (32C)

[1-16] ROCK STEP-RECOVER ROUTINE, HEEL SWIVELS

1-4 Rock R side, recover, rock R side, recover
5-12 Repeat steps 1-4 (2X)
Styling: 1 Push R arm to side, wrist bent out
2 Push L arm to side, wrist bent out
3 Push R arm up, wrist bent out
4 Push L arm up, wrist bent out
5-12 Repeat styling 1-4 (2X)
13&14 Swivel heels right-left-right. Sweep arms overhead right-left-right
15&16 Swivel heels left-right-left. Sweep arms overhead left-right-left

[17-32] Repeat steps 1-16

TAG:

1-16 Repeat Sec 2 (41-56)

Bridge:

1-4 Feet together, cross arms by chest & sweep arms out to sides then up

Part C (64C)

[1-32] Same steps as in PreDance (1-32)

[33-64] Same steps as in PreDance (1-32)

Styling: 33-34 Pump palms up (2X)

35-36 Pump palms down by hips (2X)

37-40 Pump palms up (4X)

41-64 Same as 33-40 (3X)
