

Still Blue

拍數: 48 牆數: 4 級數: High Beginner
編舞者: Roger (leftfoot) Hunter (USA) - July 2024
音樂: still blue - Carly Pearce



Intro 16 beats 1 tag* 5 easy restart**

S-1)Step Together,Heel Swiffles,Back Rock,Side Rock.

1-4 step R forward(1)step L next to R(2)swivel heels out(3)and in(4)
5-8 rock R back(5)recover on L(6)rock R to R(7)recover on L(8)

S-2)Cross Side Behind,Side,Cross,Rock Recover Cross

1-4 cross R over L(1)step L to L(2)step R behind L(3)step L to L(4)
5-8 cross R over L(5)rock L to L(6)recover on R(7)cross L over R(8)(12:00)

S-3)Step 1/4 Step Together Heel Bumps,Paddle 1/4 x2

1-4 step R 1/4 R(1)step L next to R(2)raise and lower heels(3)raise and lower heels(4)
5-8 step R forward(5)pivot L 1/4 L(6)step forward on R(7)pivot L 1/4 L(8)(9:00)

S-4)Rocking Chair,Step, Rocking Chair Left**

1-4 rock R forward(1)recover on L(2)rock back on R(3)recover on L(4)
5-8 step R forward(5)rock L forward(6)recover on R(7)rock back on L(8)

S-5)Step Together Clap & Clap**

1-2 recover on R(1)step L next to R(2)
3&4 clap hands 3 times 3 & 4
5-6 step R back(5)step L back(6)
7&8 clap hands 3 times 7 & 8 (9:00)

S-6)Walk RLRL 1/2 Turn Rocking Chair*

1-2 step R forward 1/8 turn L(1)step L forward 1/8 turn L(2)
3-4 step R forward 1/8 turn L(3) step L forward 1/8 turn L(4)
5-8 rock R forward(5)recover on L(6)rock back on R(7)recover on L(8)(3:00)

*Tag... Step R forward(1)Pivot 1/2 on L(2)step forward on R(3) Step Forward on L(4)step R forward(5)pivot 1/2 on L(6)

**Sequence for restarts 48-32-40-48-32-32-48-tag-32-48

***With the tag and restarts I considered using Improver as the level but the steps in this dance are easy beginner so I choose a level in High (restarts) Beginner(steps)