

Case of The Blues

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Jo Thompson Szymanski (USA) - May 2024
音樂: Fifth of Whiskey, Case of the Blues - Mike Giffin & The Unknown Blues Band



Intro: 48 Counts, Start at approx 35 secs

[1-8] Kick, Ball, Side, Swivel, Ball, Side, Sailor Step, Syncopated Ramble R (Heel, Heel, Toe, Toe)

- 1&2 Kick R fwd (prep upper body slightly right) (1); Step ball of R beside L (&); Step L to left (toes pointed left) (2)
3&4 Swivel heels slightly left (toes pointed forward) (3); Step ball of R beside L (&); Step L to left (toes pointed left) (4)
5&6 Step R behind L (5); Step L to left (&); Step R to right (toes pointed right) (6)
&7&8 Swivel L heel to right (&); Swivel R heel to right (7); Swivel L toes to right (&); Swivel R toes to right (8)

[9-16] Cross, Side, 3/4 Extended Curving Weave, Side, Together, Cross

- 1-2 Cross L over R (1); Step R to right (2)
3& Turn 1/8 left stepping L behind R (3); Turn 1/8 left stepping R to right (&) (9:00)
4& Turn 1/8 left crossing L over R (4); Turn 1/8 left stepping R to right (&) (6:00)
5& Turn 1/8 left stepping L behind R (5); Turn 1/8 left stepping R to right (&) (3:00)
6&7 Cross L over right (6); Step R to right (&); Step L beside R (angle body slightly left) (7)
8 Cross R over L (8) (3:00)

[17-24] 1/4 Back, 3/8 Forward, Hip Bumps x 2, Mambo Step

- 1-2 Turn 1/4 right stepping L back (1); Turn 3/8 right stepping R forward (2) (10:30)
3&4 Touch L forward bump hips left (3); Hips return center (&); Bump hips left shifting weight to L (4)
5&6 Touch R forward bump hips right (5); Hips return center (&); Bump hips right shifting weight to R (6)
7&8 Rock L forward (7); Recover weight onto R (&); Step L back (8)

[25-32] Body Roll Back x 2, 1/8 Touch, 1/4 Side Touch x 4

- &1-2 Step R beside L (&); Touch L back start body roll back (1); Finish body roll transfer weight on L (2)
&3 Step R beside L (&); Touch L back body start body roll back (3)
4 Finishing body roll, turn 1/8 left, shift weight to L, touching R beside L (prep upper body slightly left) (4) (9:00)
&5 Turn 1/4 right stepping R to right (&); Touch L beside R (5) (12:00)
&6 Turn 1/4 right stepping L to left (&); Touch R beside L (6) (3:00)
&7 Turn 1/4 right stepping R to right (&); Touch L beside R (7) (6:00)
&8 Turn 1/4 right stepping L to left (&); Touch R beside L (8) (9:00)

Non-turning option: Count &5-&8 can be done as step touches side to side with no turns.

[33-40] Side, Kick, Cross, Touch, Back, Kick, Side, Kick, Cross, Touch, Back, Kick, Ball Cross, 1/4 Back

- &1&2 Step R to right (&); Kick L over R (1); Cross L over R (&); Touch R behind L (2)
&3&4 Step R back (&); Kick L forward (3); Step L to left (&); Kick R over L (4)
&5&6 Cross R over L (&); Touch L behind R (5); Step L back (&); Kick R forward (6)
&7 Step ball of R beside L (&); Cross L over R (7)
8 Turn 1/4 left stepping R back (8) (6:00)

[41-48] 1/4 Lunge, Hold, Lunge, Hold, Hip Roll, 1/4 Recover, Step, 1/2 Pivot

- 1-2 Turn 1/4 left lunge L to left taking hips left (1); Hold (2) (3:00)

3-4 Lunge R to right taking hips right (3); Hold (4)
5-6 Roll hips counterclockwise (5); Turn 1/4 left recover weight onto L (6) (12:00)
7-8 Step R forward (7); Pivot 1/2 left transferring weight on to L (8) (6:00)

Begin again!

Ending: The last repetition starts at 12:00, dance counts 1-32, then turn 1/4 right, cross L over R and pose!
