

Black Balloon

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Sisters On The Move (USA) - March 2025
音樂: Black Balloon (feat. Syl Johnson) - Syleena Johnson



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

PART 1: 16 COUNTS

STEPPIN BASIC

1&2 Cross right in front of left, recover on left, step on right
3&4 Cross left in front of right, recover on right, step on left
5 6 7 8 In place lift right, left, right, left

FORWARD ROCK, ROCK HALF TURN RIGHT, ROCK BACK, WALKS

1 2 3 4 Rock forward on right, recover on left turning half to right, push back step on right, recover on left
5 6 7 8 Rock back on right, recover on left, walk right left

REPEAT PART 1 TO RETURN TO FRONT WALL

PART 2: 16 COUNTS

SIDE ROCKS, CROSS AND CROSS

1 2 3&4 Rock left foot left, recover on right, cross left over right, step on right, cross left over right
5 6 7&8 Rock right foot right, recover on left, cross right over left, step on left, cross right over left

POINT STEPS BACKWARD, BACK STEP HIP DIPS

1 2 3 4 Point right foot right, recover, going backward point left foot left, recover
5 6 7 8 Step back on right dipping hip, step back on left dipping hip

PART 3 16 COUNTS

PIMP WALKS FORWARD

1-3 5-7 Walk forward on right foot angling/looking diagonally right 2 counts, repeat on left, right, left

POINT STEPS BACKWARD, EASY HALF TURN LEFT

1 2 3 4 Point right foot right, recover, going backward point left foot left, recover
5 6 7 8 Point right foot right, place left foot behind right completing easy half turn left

REPEAT PART 3 TO RETURN TO FRONT WALL

REPEAT PARTS 1, 2, 3

TAG: 8 COUNTS

SIDE TOGETHERS, QUARTER TURN LEFT

1 2 3 4 Step right to the side, left together, repeat
5 6 7 8 Step right to the side, left together, walk quarter turn left on RL

REPEAT STEPS 1-8 THREE MORE TIMES TO RETURN TO FRONT

REPEAT PART 3

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