The Little Blue Dot

拍數: 48

級數: Intermediate

編舞者: Lesley Johnston (AUS)

音樂: Little Blue Dot - James Bonamy

SIDE, HEEL, TOE, HEEL, SHUFFLE, TURN, SHUFFLE

- 1-4 Step right to side, left heel in front of right, left toe behind right, left heel in front at 45 degrees left
- 5&6 Shuffle to the left left-right-left, ½ turn left
- 7&8 Shuffle to right right-left-right

ROCK, ROCK, SIDE, HEEL, TOE, HEEL, HEEL, SHUFFLE

- 1-2 Rock back onto left, rock forward onto right
- 3-6 Step left to side, right heel in front of left, right toe behind left, then right heel at 45 degrees right
- 7&8 Shuffle to right right-left-right (ready to turn ¼ turn to right)

1/4 TURN, SHUFFLE, ROCK, ROCK, SHUFFLE, SHUFFLE

- 1&2 After you ¼ turn right shuffle to left left-right-left
- 3-4 Rock back onto right, rock forward onto left
- 5&6 Shuffle forward right-left-right
- 7&8 Shuffle forward left-right-left

These shuffles have a syncopated on the spot feel

CROSS, UNWIND, CROSS, UNWIND, SAMBA, SAMBA

- 1-2 Cross right over left, unwind (½ turn) ½ turn to left
- 3-4 Cross left over right, unwind (¾ turn) ¾ turn right
- 5&6 Moving forward samba steps (left over right, right to side, step left in place)
- 7&8 Continue samba steps (right over left, left to side right in place)

SYNCOPATED VINE, TURN, KICK BALL CHANGE, TURN, KICK BALL CHANGE

- 1&2 Step left over right, step right to side, step left behind right
- 3&4 Step right to side, step left over right as you ¼ (¼ turn) turn left, step/stomp on right then left
- 5&6 Kick right foot forward, step down on ball of right foot, step down on left foot in place (kick ball change)
- 7&8 Repeat kick ball change as above as you (½ turn) ½ turn left

SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

- 1-2 (1) Step/rock to side, (2) return weight to left
- 3&4 Cross right over left, step in place on left & continue to cross right over left (cross shuffle)
- 5-6 Bring left foot to side as you rock your hips to left & bring weight (hips) back to right
- 7&8 Cross left over right, step in place on right & continue to cross left over right (cross shuffle)

REPEAT

FINISH

To finish the dance you will be facing the side wall & complete pattern 6. Commence steps 1,2,3 in pattern 1. Then on count 4 bring left to meet right as you pivot around to face the front





牆數:4