

Losin My Blues

拍數: 64 牆數: 0 級數:
編舞者: Yvonne van Baalen (NL)
音樂: Losin' My Blues Tonight - Lee Kernaghan



ROCK STEP FORWARD, SHUFFLE BACK, ROCK STEP BACK, SHUFFLE FORWARD

1-2 Right rock step forward, recover on left
3&4 Step right back, left beside right, step right back
5-6 Left rock step back, recover on right feet
7&8 Step left forward, right beside left, step left forward

STEP FORWARD, ½ TURN LEFT, STEP FORWARD, ¼ TURN LEFT, STEP FORWARD, HEEL SPLIT, COASTER STEP

9-10 Step forward on right, turn ½ left on both feet
11-12 Step forward on right, turn ¼ left on both feet
13&14 Step forward on right, turn both heels out & inn
15&16 Step right back, left beside right, step forward on right

DIAGONAL SHUFFLES LEFT AND RIGHT

17&18 Step diagonal to left, right beside left, step diagonal to left
19&20 Step diagonal to right, left beside right, step diagonal to right
21-24 Repeat step 18-20

KICK BALL SIDE 2X, LEFT SAILOR STEP, RIGHT SAILOR STEP WITH ¼ TURN RIGHT

25&26 Kick left in front of right, step left to side, step right beside left
27&28 Kick left in front of right, step left to side, step right beside left
29&30 Cross left behind right, step right to side, step left to side
31&32 Cross right behind left, turn ¼ right and step left to side, step right to side

ROCK STEP, FULL TURN LEFT, COASTER STEP, STEP, TOUCH

33-34 Rock forward on left, recover on right
35-36 Turn ½ left on right feet and step forward on left, turn ½ left on left feet and step back on right feet
37&38 Step back on left, right beside left, step forward on left
39-40 Step right forward, touch left beside right

HEEL, TOGETHER, SIDE, DRAG

41-44 Touch left heel forward, touch beside right, step side to left, drag right beside left
45-48 Touch right heel forward, touch beside left, step side to right, drag left beside right

CHASSE, CHASSE ½ TURN LEFT, ROCK BACK, SIDE & CROSS

49&50 Step left to side, step right beside left, step left to side
51&52 Turn ½ left and step side, step left beside right, step right to side
53-54 Rock back on left, recover on right
55&56 Step left to side, right beside left, cross left in front of right

HEEL BOUNCE 2X, CROSS KICK-TOGETHER-CROSS, SIDE ROCK ½ TURN RIGHT, STEP

57&58 Touch right heel 2 times on the ground
59&60 Kick diagonal to right, step right beside left, cross left over right
61-62 Side rock right, recover on left
63-64 Turn ½ right and step right to side, turn ¼ right and step left forward

REPEAT

TAG

After 1st wall, and 5th wall

SIDE MAMBO ROCK STEPS RIGHT AND LEFT, HEEL SWITCHES, CLAP 2X

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| 1&2 | Step right to side, recover on left, step right beside left |
| 3&4 | Step left to side, recover on right, touch left beside right |
| 5&6 | Touch left heel forward, step left beside right, touch right heel forward |
| 7&8 | Step right beside left, touch left heel forward, clap clap |
| 9&10 | Step left to side, recover on right, step left beside right |
| 11&12 | Step right to side, recover on left, touch right beside left |
| 13&14 | Touch right heel forward, step right beside left, touch left heel forward |
| 15&16 | Step left beside right, touch right heel forward, clap clap |
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