Mean Woman Blues



拍數: 0 牆數: 2 級數: Intermediate

編舞者: Gretchen Studlien-Webb (USA) 音樂: Mean Woman Blues - Elvis Presley



Sequence: ABABACABACABA

PART A

GRAPEVINE TO THE RIGHT, PIVOT, PIVOT, STEP

1-4 Step on right to the right, step on the left behind the right, step on the right to the right, step

forward on the left

5-8 Step on the right (pivoting ½ to the right), step forward on the left step, step on the right

(pivoting ¼ to the right), step forward on the left (pivoting ¼ to the right) (end facing 12:00)

SWIVEL HEELS LEFT (HOLD), RIGHT (HOLD), LEFT, RIGHT, LEFT, RIGHT

1-4 Swivel heels left and hold count 2, swivel heels right and hold count 4

5-8 Swivel heels left, right, left, right (on counts 5-6 bend knees lowering down, on counts 7-8

raise back up)

GRAPEVINE TO THE LEFT, PIVOT, PIVOT, STEP

1-4 Step on left to the left, step on the right behind the left, step on the left to the left, step forward

on the right

5-8 Step on the left (pivoting ½ to the left), step forward on the right step, step on the left (pivoting

¼ to the left), step forward on the right (pivoting ¼ to the left) (end facing 12:00)

SWIVEL HEELS, RIGHT (HOLD), LEFT(HOLD), RIGHT, LEFT, RIGHT, LEFT

1-4 Swivel heels right and hold count 2, swivel heels left and hold count 4

5-8 Swivel heels right, left, right, left (on counts 5-6 bend knees lowering down, on counts 7-8

raise back up)

PART B

POINT, POINT MONTEREY TURN, POINT, KICK, BALL CHANGE

1-4 Point right to the right, touch right beside right, point right to the right, step right beside left

while pivoting on left ½ to the right (facing 6:00)

5-6 Point to the left, touch left next to right

7&8 Kick the left forward, step back on the left, step forward on the right

TOE HEEL, TWO HEEL, ELVIS KNEES

1-4 Step on the left ball of foot to the left, drop heel down, step on the right ball of foot to the right,

drop heel down

5-8 Pop the left knee forward and in, pop the right knee forward and in, pop the left knee forward

and in, pop the right knee forward and in

PART C

STEP, CLAP, STEP, CLAP, KICK, KICK, BALL CHANGE, STEP

1-4 Step forward on the right, clap, step forward on the left, clap

5-6 Kick the right foot forward twice

&7-8 Step back on the right, step forward on the left, step forward on the right

STEP, CLAP, STEP, CLAP, KICK, KICK, BALL CHANGE, STEP

1-4 Step forward on the left, clap, step forward on the right, clap

5-6 Kick the left foot forward twice

&7-8 Step back on the left, step forward on the right, step forward on the left

STEP, CLAP, STEP, CLAP, STEP, CLAP

1-2	Step forward on the right, clap hand low to the right
3-4	Step forward on the left, clap hand low to the left
5-6	Step forward on the right, clap hand high to the right
7-8	Step forward on the left, clap hand high to the left