

Tru Blu

拍數: 32 牆數: 2 級數: Improver
編舞者: William Sevone (UK)
音樂: True Blue (Remix) - Madonna



¼ LEFT ROCK FORWARD, ROCK, ½ RIGHT SHUFFLE FORWARD, SCUFF, ½ RIGHT SIDE STEP, SAILOR STEP, (9:00)

- 1-2 Turn ¼ left & rock forward onto right foot, rock onto left foot
3&4 Turn ½ right & step forward onto right foot, close left foot next to right, step forward onto right foot
5-6 Scuff left foot forward, turn ½ right & step left foot to left side
7&8 Cross step right foot behind left, step left foot to left side, step right foot to right side

STEP BEHIND, UNWIND ½ LEFT, SAILOR STEP, ROCK BEHIND, ROCK, CHA-CHA ROCKS, (3:00)

- 9-10 Cross step left foot behind right, unwind ½ left (weight on left foot)
11&12 Cross step right foot behind left, step left foot to left side, step right foot to right side
13-14 Cross rock left foot behind right, rock onto right foot

Count 13: turn body left, count 14: straighten body

- 15&16 Rock left foot to left side, rock onto right foot, rock onto left foot

ROCK BEHIND, ROCK, CHA-CHA ROCKS, STEP BEHIND, UNWIND ¾ LEFT, SHUFFLE FORWARD, (6:00)

- 17-18 Cross rock right foot behind left, rock onto left foot

Count 17: turn body right, count 18: straighten body

- 19&20 Rock right foot to right side, rock onto left foot, rock onto right foot
21-22 Cross step left foot behind right, unwind ¾ left (weight on left foot)
23&24 Step forward onto right foot, close left foot next to right, step forward onto right foot

ROCKS: FORWARD-BACKWARD, SHUFFLE BACKWARD, ¼ RIGHT ROCK STEP, STEP, BEHIND TOE TOUCH-SIDE STEP-¼ LEFT TOGETHER, (6:00)

- 25-26 Rock forward onto left foot, rock onto right foot
27&28 Step backward onto left foot, close right foot next to left, step backward onto left foot
29-30 Turn ¼ right & rock right foot to right side, step onto left foot
31&32 Touch right toe behind left heel, step right foot to right side, turn ¼ left & step left foot next to right

Count &32: you made find it slightly easier if you incorporate a slight hopping or jumping motion within these two counts

REPEAT

DANCE FINISH

The dance will finish as the music fades on count 32 of wall 15 (6:00). To finish facing the 'home' (12:00) wall add the following steps:

- 33 Turn ¼ left & step forward onto right foot,
34 Turn ¼ left and while touch left foot next to right place right hand on hat brim and left hand on left hip