

12 Bar Blues

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Timothy Register (USA)
音樂: 12 Bar Blues - Bruce Robison



2 KBC'S, RIGHT, HOLD, ½ TURN, HOLD

1&2 Kick-ball-change right-left-right
3&4 Kick-ball-change right-left-right
5-6 Step right, hold
7-8 Pivot ½ to the left, hold

SHUFFLE, ROCK, STEP, ½ TURN, HOLD, ½ TURN, ½ TURN

9-10 Shuffle forward right-left-right
11-12 Rock forward left, recover
13-14 Pivot ½ to the left, hold
15-16 Pivot ½ to the left, pivot ½ to the left

HEEL, HOLD, HEEL, HOLD, HEEL SWITCHES

17-18 Touch right heel forward, hold
&19-20 Touch left heel forward, hold
&21&22 Touch right heel forward & touch left heel forward
&23&24 Touch right heel forward, hold

HIP BUMPS, HIP ROLL

25&26 Bump hips right & right
27&28 Bump hips left & left
29-32 Roll hips right, left, right, left

SIDE TOE-HEEL STRUTS WITH 2 ¼ TURNS

33-34 Touch right toe across left, step right heel down
35-36 Touch left toe left, step left heel down
37-38 Touch right toe across left ¼ to the left, step right heel down
39-40 Touch left toe left ½ to the left, step left heel down

KNEE SLAPS & RIGHT TOE-HEEL STRUTS

&41-42 Pivot slightly to the left on left, slap knees while touching forward right, slap knees
43-44 Touch right toe across left (snap), step right heel down (snap)
45-46 Slap knees while stepping left to left, slap knees
47-48 Touch right toe across left (snap), step right heel down (snap)

¼ TURN TOE-HEEL STRUT, TOUCH, HOLD, DWIGHTS

49-50 Touch left toe left ¼ to the left, step left heel down
51-52 Touch right beside left, hold
53-54 Swivel to the right on heel of left foot touching right heel beside, swivel to the left on toe of left foot touching right toe beside
55-56 Repeat counts 53-54

MONTEREY TURN, TOE-HEEL STRUTS

57-58 Touch right to right side, pivot ½ turn to the right
59-60 Touch left to left side, together left
61-62 Touch right toe forward, step right heel down (clap)

63-64

Touch left toe forward, step left heel down (clap)

REPEAT
