

Upside Down Blues

拍數: 32 牆數: 4 級數: Improver
編舞者: Delwyn Swaisland (AUS)
音樂: Bad Day for the Blues - David Ball



RIGHT STEP FORWARD, ½ PIVOT, SHUFFLE

1-2 Step forward on right, ½ pivot to the left
3&4 Shuffle forward right-left-right

ROCK FORWARD, RECOVER, ½ TURN SHUFFLE

1-2 Rock forward on left, rock back on right
3&4 Make a ½ turn to the left & shuffle forward left-right-left

SIDE, BEHIND, SIDE, HEEL, HOLD

1-2 Step right to the right side, step left behind right
&3 Step right to right, touch left heel forward at 45 degrees
4 Hold

BACK, CROSS, SIDE, CROSS, SIDE, HEEL, HOLD

&1 Step left back, step right across left
&2 Step left to left side, step right across left
&3 Step left to left side, touch right heel at 45 degrees
4 Hold

TOGETHER, HEEL, TOGETHER, STEP, ½ PIVOT

&1 Step right beside left, touch left heel forward 45 degrees
&2 Step left beside right, step forward on right
3-4 Step forward on left, ½ pivot to the right

SHUFFLE, STEP ¼ TURN, TOGETHER

1&2 Shuffle forward left-right-left
3 Turning ¼ left step side on right
4 Step left beside right

HEEL & TOUCH & FORWARD, HOLD

1& Touch right heel forward, step right beside left
2& Touch left heel forward, step left beside right
3-4 Step forward on right, hold

½ PIVOT RIGHT TWICE, TOGETHER

1-2 Step forward on left, ½ pivot to the right
3-4 Step forward on left, ½ pivot to the right
& Step left beside right

REPEAT