Forty's 64 (2005)



拍數: 64 編數: 2 級數: Intermediate east coast swing

編舞者: Forty Arroyo (USA)

音樂: Singin' The Blues - The Kentucky Headhunters



Kathy Sharpe-Arrant and the NY Stompers performed this dance on National TV at the Wildhorse Saloon in Nashville TN

BALL STEP, HOLD & CLAP, REPEAT, REPEAT, BALL STEP, STAMP

| &1-2 | Step in place on ball of right, step left forward, hold & clap |
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| α 1-Z | oled in blace on ball of halls, sled left follward, hold & clab |

&3-4 Repeat steps &1-2 &5-6 Repeat steps &1-2

&7-8 Step in place on ball of right, step left forward, stamp right next to left (no weight)

ROCK, RECOVER, ROCK RECOVER, ROCK RECOVER, STEP SIDE RIGHT, STAMP

1-2 Rock back on right turning ¼ right, recover on left
3-4 Rock right side turning ¼ left, recover on left
5-6 Rock back on right turning ¼ right, recover on left

7-8 Step right to side turning ¼ left, stamp left next to right (weight on right)

HOP, HOP, STOMP, STAMP, POINT OUT, POINT IN, ROLL HIPS

1-4 (While hitching left) hop on right, hop on right, stomp left next to right, stamp right next to left

(no weight)

5-8 Touch right toes to side, stomp right next to left, roll hips counter to the right for 2 counts

HEEL TAP, TOE TOUCH, POINT RIGHT, POINT LEFT, POINT RIGHT, CROSS RIGHT, UNWIND ½ LEFT, CLAP, CLAP

1-2 Tap right heel forward, touch right toes next to left

3&4 Touch right to side, step right next to left, touch left to side

&5-6 Step left next to right, touch right to right side, cross right over left

7&8 Unwind ½ to left (weight on left), clap, clap

HEEL TAP, TOE TOUCH, POINT RIGHT, POINT LEFT, POINT RIGHT, CROSS RIGHT, UNWIND ½ LEFT, CLAP, CLAP

1-2 Tap right heel forward, touch right toes next to left

Touch right to right side, step right next to left, touch left to left side Step left next to right, touch right to right side, cross right over left

7&8 Unwind ½ to left (weight on left), clap, clap

1/2 TURN MONTEREY RIGHT, POINT, STEP, ROLL HIPS FORWARD & BACK, FORWARD & BACK

1-2 Touch right to right side, turning ½ to right - step right next to left

3-4 Touch left to left side, step left next to right

5-6 Stepping forward slightly on right - roll hips forward, roll hips back

7-8 Roll hips forward, roll hips back (weight ends on left)

BIG STEP FORWARD, STEP TOGETHER, OUT, OUT, IN, IN, BACK, BACK, FORWARD, FORWARD, REPEAT

| 1-2 | Big step forward | on right sten | left next to right |
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&3&4 Step right to side, step left to side, step right to side, step left to side

&5&6 Step back on right, step back on left, step forward on right, step forward on left

&7&8 Repeat steps &5&6

ROCK, RECOVER, TRIPLE IN PLACE (RIGHT & LEFT)

1-2-3&4 Rock right to right side, recover on left, triple in place - right, left, right 5-6-7&8 Rock left to left side, recover on right, triple in place - left, right, left

REPEAT

TAG

If using "Three Days" by Mandy Barnett, after the 3rd wall, dance the following: ROCK RECOVER, ROCK RECOVER, PIVOT ½ LEFT, PIVOT ½ LEFT (REPEAT)

1-4 Rock forward on right, recover on left, rock back on right, recover on left

5-8 Step forward on right, pivot ½ turn left, step forward on right, pivot ½ turn to left

9-16 Repeat

If using "Singing The Blues" by The Kentucky Headhunters, each time you return to the 12:00 wall, dance the following, then restart the dance

ROCK, RECOVER, PIVOT ½ LEFT, PIVOT ½ LEFT

1-6 Rock back on right, recover on left, step forward on right, pivot ½ left, step forward on right,

pivot ½ left