

Elvis Blues

拍數: 48 牆數: 1 級數: Intermediate/Advanced
編舞者: Jerry Cope (USA)
音樂: Heartbreak Hotel - Elvis Presley



MILITARY PIVOTS, STEP SCOOTS

- 1 Step forward on right foot
- 2 Pivot ½ turn left on right foot and shift weight to left foot
- 3-4 Step forward on right foot, hitch left knee and scoot forward on right foot
- 5 Step forward on left foot
- 6 Pivot ½ turn right on left foot and shift weight to right foot
- 7-8 Step forward on left foot, hitch right knee and scoot forward on left foot

ROGER RABBIT, COASTER STEP, RUNNING MAN, STOMP/CLAP

- 9-10 Swing right foot behind left foot and step, swing left foot behind right foot and step
- 11&12 Swing right foot behind left foot and step, step left foot beside right foot, step right foot forward
- 13& Step forward on left foot, scoot back on left foot while lifting right knee
- 14& Step forward on right foot, scoot back on right foot, scoot abck on right foot while lifting left knee
- 15& Step forward on left foot, scoot back on left foot while lifting right knee
- 16 Stomp right foot beside left foot (without taking weight) and clap at the same time

STEP, CROSS STEP, UNWIND, CROSS BEHIND/ROCK

- 17-18 Step right foot to right, step left foot behind right foot
- 19 Unwind to left to face 6:00 (transfer weight to left foot)
- &20 Step right foot behind left foot, rock weight onto left foot in place
- 21-24 Repeat steps 17-20 (returning to front facing position)

SWIVELING CROSS STEP, SWIVEL STEP, CROSS STEP, ROCK, ROCK (TO LEFT)

- 25 Swing right foot across left foot swiveling ¼ to left on left foot, step onto right foot to face 9:00
- 26 Step forward on left foot swiveling ¼ to right on right foot to face 12:00 (front)
- 27&28 Step right foot across left foot, rock back onto left foot in place, rock forward onto right foot in place

SWIVELING CROSS STEP, SWIVEL STEP, CROSS STEP, ROCK, ROCK (TO RIGHT)

- 29 Swing left foot across right foot swiveling ¼ to right on right foot, step onto left foot to face 3:00
- 30 Step forward on right foot swiveling ¼ to left on left foot to face 12:00 (front)
- 31&32 Step left foot across right foot, rock back onto right foot in place, rock forward onto left foot in place

SWAYING PADDLE TURNS, HEEL TAPS, KNEE ROLLS

- 33& Step right foot forward, sway right hip to right (front) as you pivot ¼ to left on right foot
- 34 Replace body weight to left foot (facing 9:00)
- 35& Step right foot forward, sway right hip to right (9:00) as you pivot ¼ to left on right foot
- 36 Replace body weight to left foot (facing 6:00)
- &37 Raise right knee slightly placing right toe beside left foot, tap right heel to floor
- &38 Raise right knee slightly, tap right heel to floor (with weight)
- 39-40 Roll left knee to left a full circle twice

TOUCH TOE ACROSS, HALF PIVOT, SYNCOPATED KNEE FAN, ELVIS KNEES

- 41 Touch right toe (heel up) about 8 inches to the left (across) of left foot
42 Pivot ½ turn to the left on ball of left foot turning right knee cap in to touch right side of left knee (now facing front again)
43 Hold
&44 Fan right knee out and in
Right toe is pointed down and heel is up on 41-44, most weight remains on left foot
45 Plant right heel to floor as left heel is lifted (pointing left knee to the right)
46 Plant left heel to floor as right heel is lifted (pointing right knee to the left)
47-48 Repeat steps 45-46

REPEAT

For slower music (70-85 BPM), steps 3-4 and 7-8 can be doubled (done on both feet, step scoots on each side on each beat. Or "Running Man" can be used on each foot with a left turn on step 6.) At the end, eight "Elvis Knees" can be used on counts 45-48 (1 per half beat).
