

拍數: 0 牆數: 4 級數: Advanced
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音樂: Deeper Shade of Blue - Steps



Sequence: AA, BB, A (counts 1-16), AA, BB, AC, Tag, BBB

PART A

SIDE ROCK, SAILOR STEPS, HIP BUMPS, ½ TURN & STOMP

- 1-2 Rock right foot to side, recover on left
- 3&4 Cross right behind left, step left to side, replace on right
- 5-6 Bump hips left, right
- 7-8 Recover on left, ¼ turn left, stomp right next to left (weight on left)

STOMPS, CLAPS, FORWARD TOUCHES

- 1-2 Stomp on right foot, clap
- 3-4 Stomp on left foot, clap
- 5-6 Point right toe to right diagonal, step back right next to left
- 7-8 Point left toe to left diagonal, step back left next to right

SIDE TOUCHES, RONDE BACK

- 1-2 Point right toe to right side, step right next to left
- 3-4 Point left toe to left side, step left next to right
- &5&6 Right foot ronde from front to back, left foot ronde back
- &7&8 Right foot ronde from front to back, left foot ronde back

Head action: look down & up on last 2 counts

FORWARD SHUFFLES, PIVOT TURN

- 1&2 Right forward shuffle
- 3&4 Left forward shuffle
- 5-6 Step forward right, pivot ½ turn left
- 7-8 Step forward on right pivot ½ turn left

PART B

SIDE STEP, HAND GESTURES, RIGHT SAILOR, LEFT SAILOR

- 1-2 Step right to right side, hold
- 3-4 With right hand at chest level, make a "wave" movement to left
- 5&6 Cross step right behind left, step on left, replace on right
- 7&8 Cross step left behind right, step on right, replace on left

PIVOT TURNS, ROCK FORWARD ON RIGHT & RIGHT COASTER

- 1-2 Step forward right, pivot ½ turn left
- 3-4 Step forward right, pivot ½ turn left
- 5&6 Rock forward on right, replace on left
- 7&8 Step back on right, replace on left, step right next to left

SIDE ROCKS SAILOR STEPS PIVOT TURNS

- 1-2 Rock left foot to left, rock right foot to right
- 3&4 Cross step left foot behind, step on right, step left next to right
- 5-6 Step forward on right, pivot ½ turn left
- 7-8 Step forward on right, pivot ½ turn left

SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE, LEFT ¼ TURN

- 1&2 Shuffle right
- 3-4 Cross rock left over right, replace on right
- 5&6 Shuffle left
- 7-8 Left ¼ turn & step forward on right

PART C

WALK FORWARD, ROCK FORWARD & DRAG, WALK BACK, ROCK BACK & DRAG

- 1-2 Walk forward right, left
- 3&4 Rock forward on right, recover on left then drag right foot back
- 5-6 Walk back left right
- 7&8 Rock back on left, then drag left foot back

STOMP, LEG ROLLS, SIDE ROCKS & CROSS SHUFFLE

- 1-2 Step forward on right, stomp left foot apart from right
- 3-4 Roll right leg, roll left leg
- 5-6 Rock right, rock left
- 7&8 Cross right foot over left, shuffle

Hold for 4 counts after end of Part C

TAG

- 1-4 Knee dip, left, right, left, right
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