

Dancin' Blues

拍數: 64 牆數: 2 級數:
編舞者: Jann Rattley (AUS)
音樂: Dancin' With Elvis - Gina Jeffreys



SHUFFLE BACK, SHUFFLE BACK, SHUFFLE, BACK SHUFFLE BACK

1&2-3&4 Shuffle back left-right-left, then right-left-right (angling the body left then right)
5&6-7&8 Shuffle back left-right-left, then right-left-right (angling the body left then right)

STEP LOCK, SHUFFLE, STEP LOCK, SHUFFLE

9-12 Step forward left, lock right behind left, shuffle forward left-right-left
13-16 Step forward right, lock left behind right, shuffle forward right-left-right

FULL TURN LEFT, FULL TURN LEFT, STEP, CROSS, CHA-CHA-CHA

17-20 Turning ½ left, step on left, turning ½ left, step on right (repeat)
20-24 Step left to side, step right in front left, cha-cha-cha to left (left-right-left)

FULL TURN RIGHT, FULL TURN RIGHT, STEP, CROSS, CHA-CHA-CHA

25-28 Turning ½ right, step on right, turning ½ right, step on left (repeat)
29-32 Step right to side, step left in front right, cha-cha-cha to right (right-left-right)

45 DEGREES FORWARD & BACK, SHUFFLE ½ TURN, 45 DEGREES FORWARD & BACK SHUFFLE ½ TURN

33-34 Step forward on left 45 degrees (10:30), step back on to right
35&36 Shuffle back left-right-left, turning ½ left (to face 4:30)
37-38 Step forward on right (4:30), step back on to left
39&40 Shuffle back right-left-right, turning ½ right to face 10:30

LEFT HEEL & TAP, & HEEL, HOOK, HEEL. RIGHT HEEL & TAP, & HEEL, HOOK HEEL STILL FACING 10:30

41&42& Tap left heel forward, step left by right, tap right toe back, step right by left
43&44& Tap left heel forward, left hook, tap left heel forward, step left by right turning ¼ right to face 1:30
45&46& Tap right heel forward, step right by left, tap left toe back, step left by right
47&48 Tap left heel forward, right hook, tap right heel forward

For a nice variation, try a shoulder shimmy on counts 45-48

45-48 Step right to side, hold, (with shimmy) step left by right, hold

STEP, CROSS, SHUFFLE, STEP, (TURN & HOOK), SHUFFLE

49-52 Step right to side, cross left in front of right, shuffle to right side right-left-right
53-54 Step forward on left, pivot ½ right hooking right in front of left shin
55-56 Shuffle to right side right-left-right

CROSS & CROSS, STEP, ROCK, CROSS & CROSS, STEP, ROCK

57&58 Cross left in front of right, step on right, cross left in front of right
59-60 Step right to side, return weight to left
61&62 Cross right in front of left, step on left, cross right in front of left
63-64 Step left to side, return weight to right

REPEAT

TAG

Wall 2 is only danced to count 40. We then start again from the beginning still facing the back wall
