

Colours Don't Count

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Alison Metelnick (UK)
音樂: Blue and Brown - Jimmy Wayne



RIGHT RUMBA BOX & HOLD (GOING IN A BACKWARD/FORWARD DIRECTION)

- 1-2 Step right foot to right side, step left foot next to right
- 3-4 Step right foot back & hold
- 5-6 Step left foot to left side, step right foot next to left
- 7-8 Step left foot to left side & hold

FORWARD RIGHT LOCK STEP HOLD, ¼ RIGHT & LEFT SIDE ROCK RECOVER CROSS HOLD

- 1-2 Step right foot forward, lock step left behind right
- 3-4 Step right foot forward & hold
- 5-6 Turning ¼ right rock step left foot to left side, recover weight on right
- 7-8 Cross step left foot over right & hold

RIGHT RUMBA BOX & HOLD (GOING IN A FORWARD/BACKWARD DIRECTION)

- 1-2 Step right foot to right side, step left foot next to right
- 3-4 Step right foot forward & hold
- 5-6 Step left foot to left side, step right foot next to left
- 7-8 Step left foot back & hold

BACK RIGHT LOCK STEP HOLD, LEFT COASTER STEP HOLD

- 1-2 Step right foot back, lock step left foot in front of right
- 3-4 Step right foot back & hold
- 5-6 Step left foot back, step right foot next to left
- 7-8 Step left foot forward & hold

RIGHT TOE STRUT FORWARD, ½ LEFT, LEFT TOE STRUT, RIGHT TOE STRUT, LEFT BACK ROCK & RECOVER

- 1-2 Touch right toe forward, drop right heel to the floor
- 3-4 Turning ½ left touch left toe forward, drop heel to the floor
- 5-6 Touch right toe next to left foot, drop heel to the floor
- 7-8 Rock back on to left foot, recover weight on right

WALK LEFT & RIGHT FORWARD WITH HOLDS, LEFT SIDE ROCK RECOVER CROSS & HOLD

- 1-2 Walk forward on left foot & hold
- 3-4 Walk forward on right foot and hold
- 5-6 Rock step left to left side, recover weight on right
- 7-8 Cross step left over right & hold

There is a restart here on the 3rd wall. Dance first 48 counts and begin again

RIGHT SIDE ROCK ¼ LEFT STEP LEFT FORWARD, STEP RIGHT FORWARD, FORWARD LEFT LOCK STEP HOLD

- 1-2 Turning ¼ left rock step back on right, step left foot forward
- 3-4 Step right foot forward & hold
- 5-6 Step left foot forward, lock right foot behind left
- 7-8 Step left foot forward & hold

¾ LEFT TURN STEP RIGHT LEFT CROSS LEFT HOLD, LEFT SIDE ROCK CROSS HOLD

- 1-2 Turning ¼ left step right foot to right side, turning ½ left step left foot to left side

3-4 Cross step right foot over left & hold
5-6 Rock step left to left side, recover weight on right
7-8 Cross step left foot over right & hold

REPEAT

RESTART

Restart after count 48 on wall 3

ENDING

Start the last wall of the dance facing the front. You will dance only the first 16 counts, turn left stepping back on right foot & strike a pose!
