

Cool Blues

拍數: 52 牆數: 2 級數: Intermediate/Advanced
編舞者: Mairi Love (UK)
音樂: Little Lies - Fleetwood Mac



ROCK FORWARD & BACK & STEP, SLIDE

1-4 Rock forward on right, recover, step to right, slide left beside right
5-8 Rock forward on left, recover, step to left, slide right beside left

STEP PIVOT, HEEL DIG TOGETHER

1-4 Step forward on right, pivot a ½ turn to the left, right heel dig in front, touch back into place

KICK BALL STEP, CROSS ¼ TURN, POINT, SWIVEL, SHUFFLE

1&2-3-4 Starting on right foot, kick ball step forward. Cross right in front of left step a ¼ turn left
5-8 Point right foot back & swivel a ½ turn round to the right. Keep weight on left foot with right foot still pointed forward, shuffle forward (right, left, right)

ROCK, SAILORS STEP, ROCK, SAILORS STEP

1-2-3&4 Rock to left, recover, sailors step right
5-6-7&8 Rock to right, recover sailors step left ending with weight on left

STEP, PIVOT, KICK BALL CHANGE, SHUFFLE, TRIPLE STEP

1-4 Step forward on right, ¼ turn right ending with weight on right, starting on left kick ball change on the spot ending with weight on left
5-8 Shuffle forward on right (right, left, right) triple step on the spot - left, right, left (optional-in a full turn to the right)

SHUFFLE, ROCK, SHUFFLE, TRIPLE STEP

1-4 Shuffle forward on right (right, left, right) rock forward on left, recover
5-8 Shuffle back on left (left, right, left) triple step on the spot - right, left, right. (optional-in a full turn to the right)

SHUFFLE, ROCK, HITCH KNEE, ¼ TURN, STEP & LEAN, RECOVER

1-4 Shuffle back on left (left, right, left), rock back on right, recover
5-8 Hitch right knee, keep right hitched a turn a ¼ turn to the right. Step right forward & lean body forward, recover. (optional - take arms in front of face on lean. Bring arms down to side on recover)

REPEAT
