

Black Is Black

拍數: 0 牆數: 1 級數: Intermediate
編舞者: Wil Bos (NL) & Roy Verdonk (NL)
音樂: Black Is Black - Los Bravos



Sequence: A A B A B A B End

PART A

HEELS 'FLOWER POWER 60S' ARM MOVEMENTS

- 1-2 Right foot heel to the right, left foot heel in, move right arm from under to back
3-4 Left foot heel to the left, right foot heel in, move left arm from under to back
5-6 Right foot heel to the right, left foot heel in, move right arm from under to back
7-8 Left foot heel to the left, right foot heel in, move left arm from under to back (12:00)

SHUFFLE BOX

- 1&2 Right foot step to the right, left foot close next to right foot, right foot ¼ turn left step to the back
3&4 Left foot step to the left, right foot close next to left foot, left foot ¼ turn right step to the front
5&6 Right foot step to the right, left foot close next to right foot, left foot ¼ turn left step to the back
7&8 Left foot step to the left, right foot close next to left foot, left foot step to the side (3:00)

HINGE TURNS WITH TOE STRUT AND CLICK FINGERS

- 1-2 Make ¼ turn left stepping right toe to side, drop heel taking weight
3-4 Make ½ turn right stepping left toe to side, drop heel taking weight
5-6 Make ½ turn left stepping right toe to side, drop heel taking weight
7-8 Make ½ turn right stepping left toe to side, drop heel taking weight (6:00)

JAZZ BOX TWIST KNEE BOUNCES WITH 'COW MILKING' MOVEMENTS

- 1-4 Right foot cross over left foot, left foot step back, right foot step to the side, left foot step on the place
5-8 Knee bounces with 'cow milking' movements (right-left-right-left) (6:00)

JAZZ BOX ¼ TURN RIGHT TOE STRUTS FORWARD WITH ARM MOVEMENTS (INDEX FINGER AND MIDDLE FINGER)

- 1-4 Right foot cross over left foot, left foot step back with ¼ turn right, right foot step to the side, left foot close next to right foot

Move your index and middle finger (like Pulp Fiction) in front of your eyes from left to right

- 5-8 Right foot toe strut forward put heel down, left foot toe strut forward put heel down

Move your index-and middle finger (like Pulp Fiction) in front of your eyes from right to left (9:00)

DIAGONAL SHUFFLES JAZZ BOX ¼ TURN RIGHT WITH ARM MOVEMENTS

- 1&2 Right foot step diagonal to the front, close next to left foot, right foot step diagonal to the front
Make fists with both arms, and make rolling movements with both arms around each other

- 3&4 Left foot step diagonal to the front, close next to right foot, left foot step diagonal to the front
Make fists with both arms, and make rolling movements with both arms around each other

- 5-8 Right foot cross over left foot, left foot step back ¼ turn right, right foot step to the side, left foot close next to right foot (12:00)

ROLLING VINE CLAP ROLLING VINE

- 1-4 Right foot step ¼ turn right, left foot ½ turn right step back, right foot step ¼ turn right, clap hands downwards

- 5-8 Left foot step ¼ turn left, right foot ½ turn left step back, left foot step ¼ turn left (12:00)

PART B

TOUCH ¼ RONDE SAILOR STEP CROSS ¼ TURN STEP BACK CHASSE LEFT

- 1-2 Right foot touch knee in, turn on the ball of your left foot, right foot sweep ¼ turn
- 3&4 Right foot cross behind left foot, left foot step to the side, right foot step to the side
- 5-6 Left foot cross over left foot, right foot step back with ¼ turn left
- 7&8 Left foot step to the side, right foot close next to left foot, left foot step to the side (12:00)

HINGE TURN LEFT HINGE TURN LEFT CROSS ¾ TURN UNWIND COASTER STEP

- 1-4 Half turn left right foot to the side, half turn right, left foot to the side
- 5-6 Right foot cross over left foot, ¾ unwind left
- 7&8 Left foot step back, right foot close next to left foot, left foot step forward (3:00)

HIPS SHUFFLE HIPS SHUFFLE

- 1-2 Right hip forward, left hip forward
- 3&4 Right foot step forward, left foot step next to right foot, right foot step forward
- 5-6 Left hip forward, right hip forward
- 7&8 Left foot step forward, right foot step next to left foot, left foot step forward (3:00)

ROCK STEP TRIPLE CROSS SHUFFLE SIDE ROCK BEHIND SIDE CROSS

- 1-2 Right foot rock forward, left foot recover
- 3&4 Right foot turn ¼ right, left foot turn ¼ right, right foot turn ¼ right cross right foot over left foot
- 5&6 Left foot rock to the side, right foot recover
- 7&8 Left foot cross behind right foot, right foot step to the side, left foot cross over right foot (12:00)

END

Dance Part B until count 12, than step right foot out, put your right hand out, step left foot out, put your left hand, pose
