

Blackbird

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Gloria Johnson (USA)
音樂: Down Came a Blackbird - Lila McCann



RIGHT HEEL AND TOE TOUCHES; RIGHT GRAPEVINE

1& Touch right heel forward; cross-touch right toe beside left foot
2& Touch right heel forward; touch right toe beside left in-step
3& Touch right heel forward; cross-touch right toe beside left foot
4& Touch right heel forward; touch right toe beside left in-step
5-6 Step right foot to right side; cross-step left foot behind right
7-8 Step right foot to right side; touch left toe beside right foot.

LEFT HEEL AND TOE TOUCHES; LET GRAPEVINE

9& Touch left heel forward; cross-touch left toe beside right foot
10& Touch left heel forward; touch left toe beside right in-step
11& Touch left heel forward; cross-touch left toe beside right foot
12& Touch left heel forward; touch left toe beside right in-step
13-14 Step left foot to left side; cross-step right foot behind left
15-16 Step left foot to left side; touch right toe beside left foot.

TOE-HEEL STRUTS; JAZZ BOX WITH ¼ TURN

17& Touch right toe forward; step down on right heel
18& Touch left toe forward; step down on left heel
19& Touch right toe forward; step down on right heel
20& Touch left toe forward; step down on left heel
21-22 Cross-step right foot over left; step back on left foot
23-24 Turning ¼ right, step right foot to right side; touch left toe beside right foot.

TOE-HEEL STRUTS; JAZZ BOX

25& Touch right toe forward; step down on right heel
26& Touch left toe forward; step down on left heel
27& Touch right toe forward; step down on right heel
28& Touch left toe forward; step down on left heel
28-30 Cross-step right foot over left; step back on left foot
31-32 Step right foot to right side; touch left toe beside right foot.

TOE-HEEL SWIVELS

33& Swivel both toes to center by separating heels; put weight on left toe and right heel and swivel toes outward causing both heels to come to center
34& Switch weight to left heel and right toe and swivel both toes to center; switch weight to left toe and right heel and swivel both heels to center
35& Switch weight to left heel and right toe and swivel both toes to center; switch weight to left toe and right heel and swivel both heels to center
36& Switch weight to left heel and right toe and swivel both toes to center
37-38 Switch weight to left toe and right heel and swivel both heels to center (you will begin moving to the left); switch weight to left heel and right toe and swivel both toes to center
39-40 Switch weight to left toe and right heel and swivel both heels to center; switch weight to left heel and right toe and swivel both toes to center.

REPEAT

