

Blaque Out

拍數: 48 牆數: 4 級數: Advanced
編舞者: Dawn Sherlock (UK) & Mark Furnell (UK)
音樂: I'm Yours - Blaque



WALK BACK, KICK OUT OUT, HIP BUMPS, SHOULDER POPS

- 1-2-3&4 Step back on right, step back on left, kick right foot forward and step right to side and left to side
- 5-6-7&8 Bump hips to the left, bumps to the right, raise right shoulder, switch and raise left shoulder, switch and raise right, (leave weight on left foot)

SWEEP SAILOR ½ TURN CROSS, HOLD AND CROSS, ROCK HITCH STEP, POINT HITCH POINT

- 1&2-3&4 Sweep right foot round, making ½ turn right, step left to side and cross right over left, hold, step side on left foot, cross right over left
- 5&6&7&8 Rock side on left, back on right, hitch left knee and step left to right and point right to right side, hitch right knee across left leg and point right toe to side

CROSS BACK ¼ TURN, CROSS ROCK AND ¼ TURN, STEP ¾ STEP, KNEE ROLLS (ELVIS LEGS)

- 1&2-3&4 Cross right over left, step back making ¼ turn right, step right to right side, cross rock left over right, back on right, step left to side making ¼ turn left
- 5&6-7&8 Step forward on right, pivot ¾ turn left, step side on right, bend left knee and left toe in, switch and bend right knee and toe in, switch and bend left knee and left toe in, replace weight onto left

ROCK STEP HITCH STEP, ROCK STEP HITCH STEP, ROCK STEP HITCH ½ TURN STEP, ROCK STEP HITCH STEP

- 1&2&3&4 Rock back right, forward onto left, hitch right knee and step right to left, rock back left, forward onto right, hitch left knee and step left to right
- 5&6&7&8& Rock back right, forward onto left, hitch right knee making ½ turn right, step right to left, rock back left, forward on right, hitch left knee and step left to right

STEP FORWARD HITCH HIP BUMPS, HITCH HIP BUMPS, MAMBO HALF TURN

- 1-2-3&4 Step forward right, hitch left knee, step forward left and bump hips left, right, left
- 5&6-7&8 Hitch right knee, step forward right and bump hips right, left, right, rock forward on left foot, back on right and step left foot forward making ½ turn left
- Optional on count 5&6 pivot a whole turn and step, bump right, left, right

KICK ¼ CROSS AND POINT, KICK CROSS POINT, CROSS ROCK AND ¼ TURN, STEP WHOLE TURN STEP

- 1&2&3&4 Kick right foot forward, cross right over left making ¼ turn right, and point left to side, bring left to right and kick right foot forward, cross right over left and point left toe to side
- &5&6&7&8 Bring left to right and cross rock right over left, step right to right side making ¼ turn right, step forward on left foot, pivot a whole turn right, step back on left foot

REPEAT