

Blink Of An Eye

拍數: 150 牆數: 0 級數:
編舞者: Ty Barton (AUS)
音樂: Blink Of An Eye - Blackhawk



- 1-2 Step right to right side, step left behind right
3-5 Step right to right side turning $\frac{1}{4}$ turn right, step forward onto left & pivot $\frac{1}{2}$ turn right
6-7 Step forward on left, scuff right foot forward
8 Scoot forward on left with right knee hitched
- 9-10 Jump feet apart, jump feet together crossing right over left
11-12 Jump feet apart, slap both hands on thighs
13 Tap left heel once
14-15 Rock back onto right, rock forward onto left
16-17 Step right to right side, step left behind right
18 Step right to right side turning $\frac{1}{4}$ turn right
19-20 Rock forward onto left, rock back onto right
- 21 Turn $\frac{1}{2}$ turn left and step forward onto left
22 Turn $\frac{1}{2}$ turn left and step back onto right
23-25 Step back onto left, step right together, step forward onto left
26 Scuff right foot forward
27 Step right to right side then left to left side
28 Hold for one beat
29-30 Roll hips to the left for 2 beats
31 Jump onto right foot turning $\frac{1}{4}$ turn right flicking left foot up behind right
32 Scuff left foot forward
- 33 Step forward onto left turning $\frac{1}{4}$ turn right
34 Step onto right turning $\frac{1}{2}$ turn (swing right leg around behind left)
35-36 Cross left over right, kick right foot forward
37-38 Step right across in front of left, step left to left side
39-40 Step right across in front of left, step left to left side
41-42 Cross right over left and turn 279 degrees left
43-44 Rock forward onto right, rock back onto left
45-46 Rock back onto right, rock forward onto left
47-48 Step forward onto right and pivot $\frac{1}{2}$ turn left
- 49-50 Step forward onto right and pivot $\frac{1}{2}$ turn left
51-52 Touch right toe forward with heel raised, drop right heel and click fingers of left hand across body
53-54 Touch left toe forward with heel raised, drop left heel & click fingers of left hand out left side (while clicking fingers look to left)
55&56 Right kick ball change
57-58 Rock forward onto right, rock back onto left
59 Turn $\frac{1}{2}$ turn right and step forward onto right
60 Turn $\frac{1}{2}$ turn right and step forward onto left
61&62 Shuffle back right-left-right
63&64 Step back onto left, step right together, step forward onto left
- 65-66 Step forward onto right and pivot $\frac{1}{4}$ turn left

- 67 Step right out to right side & punch right out and across body
 68 Grab right wrist with left hand
 69-72 Roll hips to the left twice for 2 beats each
 73-74 Cross right behind left, rock onto left to left side
 75 Turn $\frac{1}{4}$ turn left & step back on right
 76-78 Step back onto left, step right together, step forward onto left
 79-80 Step right to right side & look to the right, click fingers of right hand out to right
- 81-82 Cross right over left and unwind $\frac{3}{4}$ turn left
 83-84 Step forward at 45 degrees right on right foot, lock left behind right
 85 Step forward at 45 degrees right on right foot
 86 Turn $\frac{1}{2}$ turn right and step back on left
 87&88 Turn $\frac{1}{2}$ turn right and step back on left
 89-90 Rock forward on left, rock back onto right
 91&92 Turn $\frac{1}{2}$ turn left and shuffle forward left-right-left
 93-94 Step forward at 45 degrees right on right foot, lock left behind right
 95 Step forward at 45 degrees right on right foot
 96 Turn $\frac{1}{2}$ turn right and step back on to left
- 97&98 Turn $\frac{1}{2}$ turn right and shuffle forward right-left-right
 99-100 Rock forward onto left, rock back onto right
 101&102 Turn $\frac{1}{2}$ turn left and shuffle forward left-right-left
 103-104 Step right to right side, slide left up to beside right

EXTENDED HEEL SPLITS

- 105-108 Twist both heels out, twist both toes in, twist both toes in, twist both heels in

At the same time on each count:

- 105 Slap both hands on thighs crossing right hand over left hand
 106 Slap both hands on thighs
 107 Slap both hands on thighs crossing right hand over left hand
 108 Place hands on belt buckle
- 109-110 Step right to right side, step left behind right
 111 Step right to right side, (extend arms out at 45 degrees-right hand high & left hand low)
 112-114 Slide left beside right, stomp left beside right & click fingers (both hands)
 115 Step left to left side turning $\frac{1}{4}$ turn left
 116 Turn $\frac{1}{2}$ turn left and step back onto right
 117&118 Turn $\frac{1}{2}$ turn left and shuffle left-right-left
- 119-122 Kick right foot forward twice, kick right foot back twice
 123 Kick right foot forward
 124 Step on right foot & kick left foot forward
 125 Step left foot turning $\frac{1}{4}$ turn right and hitch right knee
 126 Step on right foot and hitch left knee
 127-128 Rock forward onto left, rock back onto right
 129&130 Turn $\frac{1}{2}$ turn left and shuffle forward left-right-left
- 131-132 Step right to right side, step left behind right
 133 Turn $\frac{1}{4}$ turn right and step forward onto right
 134 Turn $\frac{1}{2}$ turn right and step back onto left
 135&136 Turn $\frac{1}{4}$ turn right & shuffle right-left-right sideways to right
 137-138 Rock back onto left, rock forward onto right
 139 Step left to left side

- 140 Turn ½ turn to right and step right to right side
- 141&142 Cross left over right, step right to right side then cross left over right-cross shuffle
&143 Step right to right side and step left in place
- 144-146 Bring right together, tap heels twice
- 147-150 Kick right foot forward, touch right toe back, kick right foot out at 45 degrees right slap right foot behind left with left hand

REPEAT
