

Blue Day

拍數: 32 牆數: 4 級數: Improver
編舞者: Deanna Allen (CAN)
音樂: Blue, Blue Day - Anne Murray



ROCK & CROSS, ROCK & CROSS, FORWARD ROCK ½ TURN SHUFFLE LEFT

1&2 Rock right to right side recover weight on left and cross right over left
3&4 Rock left to left side recover weight on right and cross left over right
5&6 Rock right forward recover weight on left, ½ turn right stepping forward right
7&8 Left shuffle forward stepping left, right, left

Option:

7&8 Full turn right left, right, left

ROCK & CROSS, ROCK & CROSS, FORWARD ROCK ½ TURN SHUFFLE LEFT

9&10 Rock right to right side recover weight on left and cross right over left
11&12 Rock left to left side recover weight on right and cross left over right
13&14 Rock right forward recover weight on left, ½ turn right stepping forward right
15&16 Left shuffle forward stepping left, right, left

option:

7&8 Full turn right left, right, left

TAP RIGHT TWICE, BEHIND & CROSS, TAP LEFT TWICE SAILOR LEFT WITH A ¼ TURN LEFT

17-18 Tap right heel forward twice
19&20 Step right foot behind, step left foot to left side, cross step right over left
21-22 Tap left heel forward twice
23&24 Left sailor turning ¼ turn left stepping left, right, left

RIGHT COASTER FORWARD, LEFT COASTER BACK, POINT & POINT, WALK RIGHT LEFT

25&26 Step forward on right step left beside right, step back on right
27&28 Step back on left step right beside left, step forward on left
29&30 Touch right to right side quickly step on right and touch left to left side
&31-32 Quickly step on left, walk forward right left

REPEAT

TAG

At the end of wall 2

1-22 Claps

ENDING

At the end of the dance do all 16 counts, then walk forward right left