

Blue Days

拍數: 32 牆數: 4 級數: Improver
編舞者: John Sharman (UK)
音樂: Blue Days - Merv & Maria



STEP, HOLD, AND TOUCH, CROSS

1-2 Step right foot to right side, hold for one beat
&3-4 Step on left beside right, touch right toe to right side, cross right over left

STEP, HOLD, AND TOUCH, STEP FORWARD

5-6 Step left foot to left side, hold for one beat
&7-8 Step on right beside left, touch left toe to left side, step forward on left

ROCK, RECOVER, SHUFFLE BACK

9-10 Rock forward on right, rock back on left
11&12 Step back on right, step on left beside right, step back on right

ROCK, RECOVER, HITCH TURN, STEP, LOCK, STEP

13-14 Rock forward on left, rock back on right
& Hitch left foot in front of right shin making a half turn left
15&16 Step forward left, lock right behind left, step forward on left

CROSS, BACK, SHUFFLE ¼ TURN

17-18 Step on right over left, step back on left
19&20 Step on right to right side turning a ¼ turn right, step on left beside right, step forward on right

CROSS, BACK, SHUFFLE HALF TURN

21-22 Step on left over right, step back on right
23&24 Turning a ¼ turn left step on left, step on right beside left, making a further ¼ turn left stepping on left

WEAVE LEFT

25-26 Step on right over left, step on left to left side
27-28 Step on right behind left, step on left to left side

HEEL AND HEEL AND HEEL HOLD

29& Touch right heel forward, step on right
30& Touch left heel forward, step on left
31& Touch right heel forward, step on right
32 Hold for one beat

REPEAT
