

# Blue 4 You

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Gloria Johnson (USA)  
音樂: Lonely and Blue - Ronnie Beard



## HEEL GRINDS, JAZZ BOX WITH ½ TURN

1            Cross-touch right heel over left foot with toe pointed left  
2&          Grind heel so that right toe moves from left to right; step left foot slightly to left of right foot  
3            Cross-touch right heel over left foot with toe pointed left  
4&          Grind heel so that right toe moves from left to right; step left foot slightly to left of right  
5-6         Cross-step right foot over left; step left foot back  
7-8         (Turning ½ right on ball of left) step on right foot; step left foot beside right foot

## HEEL GRINDS, JAZZ BOX WITH ¼ TURN

9            Cross-touch right heel over left foot with toe pointed left  
10&         Grind heel so that right toe moves from left to right; step left foot slightly to left of right foot  
11           Cross-touch right heel over left foot with toe pointed left  
12&         Grind heel so that right toe moves from left to right; step left foot slightly to left of right  
13-14       Cross-step right foot over left; step left foot back  
15-16       (Turning ¼ right on ball of left) step on right foot; step left foot beside right foot

## SHUFFLE FORWARD, ½ TURN, SHUFFLE BACK, ½ TURN, SHUFFLE FORWARD, KICK-BALL-TOUCH

17&         Step right foot forward; step left together  
18&         Step right foot forward; turn ½ turn right on ball of left foot  
19&         Step left foot back; step right together  
20&         Step left foot back; turn ½ turn left on ball of left foot  
21&22       Step right foot forward; step left together; step right foot forward  
23&24       Kick left foot forward; step on ball of left; touch right foot to right side

## SYNCOPATED TOE/HEEL TOUCHES

25-26       Touch right heel forward; hold  
&27-28      Step on right foot; touch left heel forward; hold  
&29-30      Step on left foot; touch right toe to right side; hold  
&31-32      Step on right foot; touch left toe to left side; step left beside right

## REPEAT

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