

Blue Ribbons

拍數: 32 牆數: 1 級數: Intermediate
編舞者: Evelyn Khinoo (USA)
音樂: Take The Ribbon From My Hair - Lynn Anderson



CROSS-ROCK, CENTER, SIDE, REPEAT WITH LEFT, ROCK SIDE RIGHT, CENTER, CROSS, BACK LEFT INTO ¼ TURN, TOGETHER, TOUCH BACK

1&2 Step right across left, rock back to center onto left, step right to right side
3&4 Step left across right, rock back to center onto right, step left to left side
5&6 Rock right to right side, rock to center on left, cross right in front of left (weight on right)
7&8 Step left back into ¼ right turn, step right next to left, touch left toe back

FORWARD, ¼ LEFT TURN, TOUCH, BACK ¼ TURN RIGHT, TOGETHER, TOUCH, FORWARD, ½ LEFT TURN ONTO RIGHT, BACK LEFT, ROCK BACK, FORWARD, FORWARD

1&2 Step left forward, step right to right side into ¼ turn left, touch left next to right
3&4 Step left back into ¼ turn right, step right next to left, touch left back
5&6 Step left forward, on ball of left pivot ½ turn left and step right back, step left back
7&8 Step right back, rock forward onto left, step forward right

SHUFFLE FORWARD, ROCK FORWARD, ROCK BACK, STEP BACK, SHUFFLE BACK, ROCK SIDE, CENTER, CROSS

1&2 Shuffle forward (step left forward, step right together with left, step forward left)
3&4 Step right forward, rock back onto left, step right back
5&6 Shuffle back (step left back, step right together with left, step back left)
7&8 Step right to right side, rock to center onto left, cross right in front of left

ROCK SIDE, CENTER, TOUCH FORWARD, CROSS, BACK, ¼ TURN LEFT, ROCK FORWARD, ROCK BACK, STEP RIGHT TOGETHER, SWEEP INTO ½ TURN LEFT, TOGETHER

1&2 Step left to left side, rock to center onto right, touch left toe in front of right (not crossed)
3&4 Cross left in front of right, step back on right, on ball of right pivot ¼ step forward left
5&6 Step forward right, rock back onto left, step right next to left (weight on right)
7-8 Sweep left forward and around to the left into ½ turn (sweep left arm out and around to the left as well), step left next to right (weight on left)

REPEAT

FINISH

The dance ends on count 14, arms out to sides
