

Bluesology

拍數: 32 牆數: 1 級數: Intermediate
編舞者: William Sevone (UK)
音樂: Out of the Blues - Gina Jeffreys



2X FOOT STAMPS, CHASSE LEFT, 2X FOOT STAMPS, CHASSE RIGHT

1-2 Stamp left foot, repeat
3&4 Step left foot to left side, step right foot next to left, step left foot to left side
5-6 Stamp right foot, repeat
7&8 Step right foot to right side, step left foot next to right, step right foot to right side

ROCK BACKWARD-FORWARD, SHUFFLE FORWARD, STEP FORWARD WITH ¼ LEFT, ROCK BWD-FORWARD, FOOT STAMPS

9-10 Rock backward onto left foot, rock forward onto right foot
11&12 Step forward onto left foot, close right foot next to right, step forward onto left foot
13-14 Step forward onto right foot & turn ¼ left, rock backward onto left foot
15 Rock forward onto right foot,
&16 Stamp left foot next to right twice

Optional styling: at same time as foot stamps, lower head and raise clenched fists to side of head punching air twice

SIDE STEP, STEP BEHIND, ¼ LEFT SYNCOPATED STEP-LOCK-STEP, STEP FORWARD, ½ LEFT, SYNCOPATED STEP-LOCK-STEP

17-18 Step left foot to left side, step right foot behind left
19&20 Turn ¼ left & step forward onto left foot, lock right foot behind left, step forward onto left foot
21-22 Step forward onto right foot, pivot ½ left (weight on left foot)
23&24 Step forward onto right foot, lock left foot behind right, step forward onto right foot

SIDE ROCKS, CROSS SHUFFLE RIGHT, SIDE ROCKS, CROSS SHUFFLE LEFT

25-26 Rock left foot to left side, rock onto right foot
27&28 Cross step left foot over right, step right foot to right side, cross step left foot over right
29-30 Tock right foot to right side, rock onto left foot
31&32 Cross step right foot over left, step left foot to left side, cross step right foot over left

REPEAT

RESTARTS

There are two restarts, after count 24 on 5th and 10th walls

TAGS

There are tags at the end of the 3rd, 8th, 13th and (final) 14th walls -

1-2 Step left foot to left side & bump hips left, bump hips right
3-4 Bump hips left, bump hips right

DANCE FINISH

Optional - other than the 'standard tag' you may wish to do the following -

1-2 Step left foot to left side & bump hips left, hold (touch hat brim with left hand)
3-4 Bump hips to right, hold (touch hat brim with right hand)