

Back And I'm Blue

拍數: 40 牆數: 4 級數: Beginner
編舞者: Lois Lightfoot (UK) - July 2007
音樂: He's Back and I'm Blue - Desert Rose Band



16 count intro

Also available on Hit the floor 6 Glen Rogers at DANZDEVIL.COM or I tunes

Sec 1 **Right out, in, out, Step behind, Left side, Right Cross rock step, Left over, right side.**

1&2 Touch right foot out to side, Touch left next to right, Touch right out to side.
3-4 Step right foot behind left, Step left foot to left side.
5&6 Cross rock right foot over left foot, Recover weight onto left, Step right to side.
7-8 Cross left foot over right foot, Step right foot to side.

Sec 2 **Sailors step ¼ turn left, Right pivot ½ turn left, Right & left cross rock step forward.**

9&10 Step left foot behind right making ¼ turn to left, Step right to side, Step left to right.
11-12 Step right foot forward, Pivot ½ turn to left.
13&14 Cross rock right over left, Recover onto left foot, Step right foot forward.
15&16 Cross rock left over right, Recover onto right foot, Step left foot forward.

Sec 3 **Rock forward, Recover, Shuffle ½ turn right, Rock recover, Coaster Step.**

17-18 Rock forward onto right foot, Recover weight onto left foot,
19&20 Step right back making ½ turn right, Step left to right, Step right forward.
21-22 Rock forward onto left foot, Recover weight onto right foot.
23&24 Step left foot back, Step right next to left, Step left foot forward.

Sec 4 **Walk right, left, Mambo forward, Walk back Left, Right, Mambo Back.**

25-26 Step right foot forward, Step left foot forward.
27&28 Rock forward onto right foot, Recover onto left, Step right foot back.
29-30 Step left foot back, step right foot Back.
31&32 Rock back onto left, Recover onto right foot, Step left foot forward.

Restart point

Sec 5 **Rock forward, Rock back, Step pivot ½ turn Step pivot ½ turn.**

33-34 Rock forward onto right foot, Recover onto left foot.
35-36 Rock back onto right foot, Recover weight onto left foot.
37-38 Step right foot forward, Pivot ½ turn to left.
39-40 Step right foot forward, Pivot ½ turn to left.

Start again

NOTE To keep the dance phrased to the music you need to **RESTART** after step 32 on walls 3-5-6, they are very east restart to spot.

[EMail](#)