

# 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.

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