

Learning The Blue

拍數: 64 牆數: 2 級數: Beginner
編舞者: Lynne Martino (USA) - December 2006
音樂: Learning The Blues Sung - Frank Sinatra : (Album: The Capital Years, 1990, contemporary, vocal jazz)



- 1-8 Points Right Side and Front, Step Right, Cross Left, Step Right**
1-4 Point R toe to right side and hold, point R toe forward and hold
5-8 Step R to the right, cross L over R, step on R and hold
- 9-16 Points Left Side and Front, Step Left, Cross Right, Step Left**
1-4 Point L toe to left side and hold, point L toe forward and hold
5-8 Step L to the left, cross R over L, step on L and hold
- 17-24 Step Right Forward, Touch Left, Step Left Back, Touch Right, Step Right Back, Touch Left, Step Left Forward, Touch Right**
1-4 Step R forward angling slightly and touch L next to R, Step L back on a slight angle and touch R next to L
5-8 Step R back angling slightly and touch L next to R, Step L forward angling slightly, and touch R next to L
- 25-32 Step Right, Left Sailor, Right Sailor**
1-4 Step R to the right, step L behind R, step R next to L, step L next to R
5-8 Step R behind L, step L next to R, step R to R side and hold
- 33-40 Weave L, Cross Left Over Right, Step on Right ¼ turn left, Step L**
1-4 Cross L over R, step R to right side, cross L behind R, step R to right side
5-8 Cross L over R, step back on R making a ¼ turn left, step forward on L and hold
- 41-48 Right and Left Rock and Cross**
1-4 Rock R to right side, recover on L, cross R over L and hold
5-8 Rock L to left side, recover on R, cross L over R and hold
- 49-56 Right and Left Forward Rock Steps with Heel and Foot Lifts**
1-4 Step R forward and raise right heel and left foot(for cts. 1,2), step back on L, step R next to L
5-8 Step L forward and raise left heels and right foot(for cts.5,6), step back on R, step L next to R
- 57-64 Right Jazz Box with a ¼ Turn Left**
1,2 Cross R over L and hold
3,4 Step back on L and hold
5,6 Step R to right side and hold
7,8 Step forward on L ¼ turn left and hold

RESTART: Dance the FIRST 32 counts and start again

TAG: ADD another jazz box without the ¼ turn

Sequence of restarts and tags:

Wall 3-12 o'clock, dance 1st 32 cts and start again

Wall 4-6 o'clock, end of Wall 3, add another jazz box

Wall 4- 6 o'clock, dance 1st 32 cts and start again

Wall 5-12 o'clock, end of wall 4, add another jazz box

