

# Black And Gold

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Kayleigh (UK) & Sherri (UK) - May 2008  
音樂: Black & Gold - Sam Sparro



Count In: 64

## S1: Swivel Right, Clap

1-3      Twist Both Heels to Right, Twist Both Toes Right, Twist Both Heels to the Right  
4      Clap  
5-7      Twist Both Heels to Left, Twist Both Toes Left, Twist Both Heels to the Left  
8      Clap

## S2: 2 x Applejacks, 1/2 Monteray Turn Right

1&      Lift/lower left toe left, lift/lower right heel left, Return Feet to Centre  
2&      Lift/lower right toe right, lift/lower left heel right, Return Feet to Centre  
3&      Lift/lower left toe left, lift/lower right heel left, Return Feet to Centre  
4&      Lift/lower right toe right, lift/lower left heel right, Return Feet to Centre  
5-6      Touch Right to Right Side, Turn 1/2 Right on Ball of Left, Stepping Right Beside Left.  
7-8      Touch Left to Left Side, Step Left Beside Right

## S3: Kick Ball Change, Walk Walk x2

1& 2      Kick Right foot, Step Right in Place, Step Left Slightly Forward  
3-4      Walk Right, Walk Left  
5& 6      Kick Left foot, Step Left in Place, Step Left Slightly Forward  
7-8      Walk Left, Walk Right

## S4: 1/4 Jazz Box Right, grapevine Left

1-2      Cross Step Right Over Left, Step Left Foot Back 1/4 right  
3-4      Step Right to Right Side, Touch Left Foot Beside Right  
5-8      Step Left to Left side, Cross Right Behind Left, Step Left to Left Side, Join Right to Left

Option: Rolling grapevine

## S5: Applejacks

1&      Lift/lower left toe left, lift/lower right heel left, Return Feet to Centre  
2      Lift/lower right toe right, lift/lower left heel right, Return Feet to Centre  
3&      Lift/lower left toe left, lift/lower right heel left, Return Feet to Centre  
4&      Lift/lower left toe left, lift/lower right heel left, Return Feet to Centre  
5&      Lift/lower right toe right, lift/lower left heel right, Return Feet to Centre  
6&      Lift/lower right toe right, lift/lower left heel right, Return Feet to Centre  
7&      Lift/lower left toe left, lift/lower right heel left, Return Feet to Centre  
8&      Lift/lower right toe right, lift/lower left heel right, Return Feet to Centre

## S6: Step 1/2 turn, Clap x2

1-2      Step Right Foot Forward, Pivot 1/2 Turn Left  
3-4      Step Right Foot Forward, Clap  
5-6      Step Left Foot Forward, Pivot 1/2 Turn Right  
7-8      Step Left Foot Forward, Clap

## S7: Hip Bumps

1-2      Two Hip Bumps to the Right  
3-4      Two Hip Bumps to the Left

5-8 Four Hip Bump to the Right, Left, Right, Left

**S8: Jump forward, Clap, Jump Back, Clap, Jazz Box**

1&2 Jump Forward, Right, Left and Clap

3&4 Jump Back, Left Right and Clap

5-6 Cross Right Over Left, Step Left Foot Back

7-8 Step Right Foot to Right Side, Join Left Beside Right

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