

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
