

Blue Ribbon

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Bill James (UK) - November 2008
音樂: Under the Scotsmans Kilt - Celtic Irish Rovers



HEEL, TOE, SHUFFLE, HEEL SWITCHES, STEP OUT IN

- 1 – 2 Dig R heel forward, touch R toe back
- 3 & 4 Step R forward, close L beside R, step R forward
- 5 & Dig L heel forward, step L beside R
- 6 & Dig R heel forward, step R beside L
- 7 & 8 Step L forward in front of R, on the balls of both feet twist heels out, twist heels in

OUT IN OUT, SHUFFLE, HEEL SWITCHES, KICK BALL CHANGE

- 9 & 10 Twist heels out, twist heels in, twist heels out (weight on L)
- 11 & 12 Step R forward, close L beside R, step R forward
- 13 & Dig L heel forward, step L beside R
- 14 & Dig R heel forward, step R beside L
- 15 & 16 Kick L forward, step ball of L beside R, step R beside L

CROSS ROCK, SIDE SHUFFLE, REVERSE ½ TURN, SIDE SHUFFLE

- 17 – 18 Cross rock L over R, rock weight back onto R
- 19 & 20 Step L to L side, close R beside L, step L to L side
- 21 – 22 Touch R toe back, pivot ½ turn R (weight ends forward on R)
- 23 & 24 Step L to L side, close R beside L, step L to L side

CROSS, SIDE, SAILOR STEP, CROSS SIDE, SAILOR ¼ TURN

- 25 – 26 Cross step R over L, step L to L side
- 27 & 28 Cross step R behind L, step L to L side, step R to R side
- 29 – 30 Cross step L over R, step R to R side
- 31 & 32 Cross step L behind R, step R to R side making ¼ turn L, step L to L side

SHUFFLE, ROCK, TRIPLE ¾ TURN, COASTER STEP

- 33 & 34 Step R forward, close L beside R, step R forward
- 35 – 36 Rock forward on L, rock weight back onto R
- 37 & 38 Triple ¾ turn L stepping L, R, L
- 39 & 40 Step R back, step L beside R, step R forward

¾ BOX OF SHUFFLES, KICK BALL CHANGE

- 41 & 42 Step L to L side, close R beside L, step L to L side
- & On the ball of L make ¼ turn L
- 43 & 44 Step R to R side, close L beside R, step R to R side
- & On the ball of R make ¼ turn L
- 45 & 46 Step L to L side, close R beside L, step L to L side
- & On ball of L make ¼ turn L
- 47 & 48 Kick R forward, step ball of R beside L, step L beside R

START AGAIN

NOTE: This song is sung *accapella* (no music just singing). There is no Intro so the dance starts with the singing. Once dancers are used to this the beginning is easy but to start with I tend to miss out counts 1 – 2 on the first wall only.

The dance is only 5 walls long and to finish the dance on 5th wall only miss out the final ¼ turn between 46 – 47 but still dance the final kick ball change.

HAVE FUN & HAPPY DANCING
