

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
