

Hesitation Blues

拍數: 48 牆數: 2 級數: Improver
編舞者: Rachael McEnaney (USA) - February 2009
音樂: Hesitation Blues - Willie Nelson & Asleep at the Wheel



Count In: Dance starts on vocals (it is actually 25 counts in from start of dance – instructors best way I have come up with to count this in is to count to 9, 8, then next 8 count will be count in!)

(1 – 8) Heel strut x2, rocking chair, heel strutt x2, ¼ turn left doing right side rock cross.

- 1 & 2 & Touch right heel forward (1), drop right toe to floor (&), touch left heel forward (2), drop left toe to floor (&) 12.00
- 3 & 4 & Rock forward on right (3), recover weight onto left (&), rock back on right (4), recover weight onto left (&) 12.00
- 5 & 6 & Touch right heel forward (5), drop right toe to floor (&), touch left heel forward (6), drop left toe to floor (&) 12.00
- 7 & 8 Make ¼ turn left rocking right to right side (7), recover weight onto left (&), cross right over left (8) 9.00

(9 – 16) Side strut left then right, side strutt left, cross strutt right (repeat)

- 1 & 2 & Touch left toe to left side (1), drop left heel to floor clicking fingers left (&), touch right toe to right side (2), drop right heel to floor clicking fingers right (&) 9.00
- 3 & 4 & Touch left toe to left side (3), drop left heel to floor (&), touch right toe over left (4), drop right heel to floor (&) 9.00
- 5 & 6 & Touch left toe to left side (5), drop left heel to floor clicking fingers left (&), touch right toe to right side (6), drop right heel to floor clicking fingers right (&) 9.00
- 7 & 8 & Touch left toe to left side (7), drop left heel to floor (&), touch right toe over left (8), drop right heel to floor (&) 9.00

(17 – 25) Left side together forward, right side together forward, step ½ pivot step, stomp right left, 2 heel fans

- 1 & 2 Step left to left side (1), step right next to left (&), step forward on left (2) 9.00
- 3 & 4 Step right to right side (3), step left next to right (&), step forward on right (4) 9.00
- 5 & 6 Step forward on left (5), pivot ½ turn right (&) step forward on left (6) 3.00
- 7 & Stomp forward on right foot (7), stomp left foot next to right (&) 3.00
- 8 & 9 & Keeping toes in place fan both heels out to side (8), return heels together (&), (repeat) fan both heels (9), return heels (&) 3.00

(26 – 33) Touch right heel, touch left heel, touch right toe, touch left toe, step kick, coaster with ¼ turn right

- 1 & 2 & Touch right heel forward (1), step right next to left (&), touch left heel forward (2), step left next to right (&) 3.00
- 3 & 4 & Touch right toe to right side (3), step right next to left (&), touch left toe to left side (4), step left next to right (&) 3.00
- 5 - 6 Step forward on right (5), kick left foot forward (6) 3.00
- 7 & 8 Step back on left (7), make ¼ turn right stepping right next to left (&), step forward on left (8) (coaster with ¼ turn) 6.00

(34 – 41) Step kick, coaster with ¼ turn right, repeat,

- 1 - 2 Step forward on right (1), kick left foot forward (2) 6.00
- 3 & 4 Step back on left (3), make ¼ turn right stepping right next to left (&), step forward on left (4) (coaster with ¼ turn) 9.00
- 5 - 6 Step forward on right (5), kick left foot forward (6) 9.00
- 7 & 8 Step back on left (7), make ¼ turn right stepping right next to left (&), step forward on left (8) (coaster with ¼ turn) 12.00

(42 – 48) Right shuffle, left shuffle, step ½ pivot step, full turn right (or 3 runs forward l, r, l)

- 1 & 2 Step forward on right (1), step left next to right (&), step forward on right (2) 12.00
3 & 4 Step forward on left (3), step right next to left (&), step forward on left (4) 12.00
5 & 6 Step forward on right (5), pivot ½ turn left (&), step forward on right (6) 6.00
7 & 8 Make ½ turn right stepping back on left (7), make ½ turn right stepping forward on right (&),
step forward on left (8)

Easy option: Run forward left (7), right (&), left (8) 6.00

START AGAIN, HAVE FUN!

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