

Blah Blah Blah

拍數: 32 牆數: 4 級數: Intermediate / Advanced
編舞者: Guyton Mundy (USA) - February 2010
音樂: Blah Blah Blah (feat. 30H!3) - Kesha



(1-8) Kick Ball Heel Turn (With Touch), 1/2 Turn Sailor, 1/4 Turn Rock/Recover, Weave

- 1&2 Kick right foot forward, step on ball of right foot, touch left toe out to left side while turning right heel in
- 3&4 Step left behind right making a 1/4 turn left, step right behind left, step forward on left making 1/4 turn left
- 5-6 Make 1/4 turn left as you rock right out to right side, recover on left
- 7&8 Step right behind left, step left to left side, cross right over left

(9-16) Heel Walks, 1/4 Turn Step Hook, Sweep Back, 1/4, 1/2, Weave

- 1&2 With right foot walk heel, toe, heel to left while tapping left toe down to left side on each count
- &3 Make 1/4 turn left stepping forward on left, rock forward on right while hooking left behind
- 4-6 Step back on left as you sweep right out to right side, make 1/4 turn right stepping right to right side, make 1/2 turn right stepping left to left side
- 7&8 Step right behind left, step left to left side, cross right over left

(17-24) Diagonal Step, Touch, Kick Step, Lock Step, Kick, Rock Recover Step, Step 3/4 Spiral

- 1-2 Take big step on left diagonally forward to left, touch right next to left
- 3&4 Kick right foot forward, step down on right, lock left behind right
- &5& Step forward on right, kick left foot forward, rock forward on left
- 6& Recover on right, step forward on left
- 7-8 Step forward on right, make 3/4 spiral over left shoulder

(25-32) Push Step, Push Step, 1/4 Sailor, Step Half Turn

- 1-2 Touch left toe diagonally forward to left while pushing left hip out, step down on left
- 3-4 Touch right toe diagonally forward to right while pushing right hip out, step down on right
- 5&6 Step left behind right, step together with right, make 1/4 turn left stepping forward on left
- 7-8 Step forward on right, make 1/2 turn over left shoulder stepping forward on left

RESTART: The restart will come on the 8th wall of the dance. You will do the first 18 counts of the dance then hold for 2 counts. You will be at counts 1-2 of the 3rd section, when you touch right to next to left just hold for 2 counts and restart the dance on the front wall.

Have fun and I hope I got this one right...LOL