

About To Blow

拍數: 64 牆數: 4 級數: Higher Intermediate
編舞者: Tony Myers (UK) - April 2011
音樂: Blow - Kesha : (CD: Animal & Cannibal)



16 Count Intro. - Sequence 64; 64; 64; 64; 64; Tag; 64, - End Facing Front Wall

Step, Touch: ½ Shuffle L: & Step, Touch: ¾ shuffle R

1, 2 Step forward on right (1) Touch left to right heel (2)
3&4 Turn ¼ left forward on left (3) Step right next to left (&) Turn ¼ left forward on left (4) 6:00
&5,6 Step right with left (&) Step forward on left (5) Touch right up to left heel (6)
7&8 Turn ½ right forward on right (7) Step left with right (&) Turn ¼ right forward on right (8) 3:00

Step Turn: Step Turn Step: Point Turn: Kick Ball Cross

1, 2 Step forward left (1) Pivot ½ turn right (2) 9:00
3&4 Step forward on left (3) pivot ½ turn right (&) Step forward on left (4) 3:00
5, 6 Point right to side (5) Turn ¼ right step right next to left (6) 6:00
7&8 Kick left forward (7) Step down on left (&) Cross right over left (8)

Back, Side: Step Lock Step: Rock Forward, Back: Rock Recover

1, 2 Step back on left (1) Step right to side (2)
3&4 Step forward on left (3) Lock right behind left (&) Step forward on left (4)
5&6& Rock forward on right (&) Recover on left (5) Rock back on right (&) recover on left (6)
7, 8 Rock forward on right (7) Recover on left (7)

Turn, Turn: Step, Scuff: Side Rock, Recover: Cross Shuffle

1, 2 Turn ¼ right forward on right (1) Turn ½ right step back on left (2) 3:00
3,4 Step forward on right (3) Scuff left forward (4)
5, 6 Rock left to side (5) Recover on right (6)
7&8 Cross left over right (7) Step right to side (&) Cross left over right (8)

Back Turn: Cross, Back, Side, Cross: ½ Unwind: Side, Together, Forward: Rock & Cross

1, 2 Step Back on right (1) Turn ¼ left, step left to side (2) 12:00
3&4& Cross right over left (3) Step back on left (&) Step right to side (4) Cross left over right (&)
5 Unwind ½ turn right (weight on left) (5) 6:00
6&7 Step right to side (6) Step left with right (&) Step forward on right (7)
8&1 Rock left to side (8) Recover on right (&) Cross left over right (1) (6:00)

Back, Back, Turn: Side, Knee pop: R Coaster Step: Touch L Next to R

2&3 Step back right (2) Step back left (&) Turn ½ right forward on right (3) 12:00
4, 5 Step left to side (4) Pop right knee to centre (5)
6&7 Step back on right (6) Step left with right (&) Step forward on right (7)
8 Touch left next to right (8)

Step, Drag: Hitch, Turn, Step: Cross, Point: Turn, Turn, Step

1, 2 Step left to side (1) Drag right to left (2)
3&4 Hitch right Knee (3) Turn ¼ right on ball of left (&) Step right to side (4) 3:00
5, 6 Cross left over right (5) Point right to side (6)
7, 8 Turn ¼ left point right to side (7) Turn ¼ left step down on right bumping hips right (8) 9:00

Step, Rock: Turn, Turn: Together, Side, Rock Back: Side Together Kick

1,2& Step left side (1) Rock right behind left (2) Recover on left (&)

3,4 Turn ¼ left step back on right (3) Turn ¼ left step left to side (4) (3:00)
&5,6& Step right with left (&) Step left to side (5) Rock right behind left (6) Recover on left (&)
7,8 Step right to side (7) Step left with right whilst Kicking right to diag(8) (3:00)

Tag :- At the end of wall 5 (You will be facing 3:00) add 16 Count Tag

1,,2 Step out on right (1) Step out on left (2)

3&4 Touch right behind left (3) Touch right to side (&) Touch right next to left (4)

5&6 Step right to side(5) Slide left with right (&) Cross right over left (6)

7,8 Step back on left (7) Turn ¼ right step forward on right (8) (6:00)

1,2 Rock forward on left (1) Recover on right (2)

3&4 Step back on left (3) Step right with left (&) Cross left over right (4)

5&6 Turn ¼ left stepping back on right (5) Step left with right (&) Step back on right (6) (3:00)

7&8 Step left behind right (7) Turn ¼ left back on right (&) Turn ¼ left forward on left (8) (9:00)
