

Mess of Blues

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Yvonne Anderson (SCO) - March 2012
音樂: Mess O' Blues - Jeff Healey : (Album: Mess Of Blues)



Notes: Start on Main vocal. Two restarts walls 3&7 (both facing 3 o'clock) dance through to count 32, then on an & count step L beside right and begin dance again.

Music ends during wall 9 to finish facing forward dance through to count 24 (facing 6 o'clock) adjust paddle turn (paddle 1/4 twice, now facing 12 o'clock) weave and point as normal - strike a pose music ends as you point...taa dah!!

[1-8] FORWARD, TOUCH, BACK, KICK, HEEL GRIND, COASTER STEP

1-4 Step R forward, Touch L behind right, Step L back, Kick R forward [12]
&5-6 (&) Step R beside left, Touch L heel forward, Grind L heel from right to left [12]
7&8 Step L back, (&) Step R beside left, Step L forward

[9-16] SHUFFLE FORWARD R & L, 1/4 TURN SIDE, HOLD, TOGETHER-SIDE, TOUCH

1&2 Shuffle forward stepping R, L, R [12]
3&4 Shuffle forward stepping L, R, L [12]
5-6 Make 1/4 turn left stepping R to side, Hold [9]
&7-8 (&) Step L beside right, Step R to right, Touch L toes beside right [9]

[17-24] 3/4 TURN LEFT, SHUFFLE 1/2 turn left, JAZZ BOX

1-2 Make 1/4 turn left stepping L forward, Make 1/2 turn left stepping R back [12]
3&4 Make 1/2 turn left stepping L, R, L [6]
5-8 Step R across left, Step L back, Step R to right, Step L forward [6]

[25-32] PADDLE 1/4, 1/2, WEAVE FRONT, SIDE, BEHIND, POINT

1-2 Step R forward, Make 1/4 turn left pushing hips back and around weight ends on left [3]
3-4 Step R forward, Make 1/2 turn left pushing hips back and around weight ends on left [9]
5-8 Step R across left, Step L to left, Step R behind left, Point L toes to left [9]

Restart: walls 3&7 (both facing 3 o'clock) dance through to count 32 then on an & count step L beside right, begin again

[33-40] CROSS, UNWIND 3/4 TURN RIGHT, SHUFFLE BACK, ROCK BACK, RECOVER, FULL TURN RIGHT (travels forward)

1-2 Step L across right, Unwind 3/4 turn right [6]
3&4 Shuffle back stepping R, L, R [6]
5-6 Rock L back, Recover [6]
7-8 Make 1/2 turn right stepping L back, Make 1/2 turn right stepping L forward [6]

[41-48] SHUFFLE FORWARD, HEEL GRIND 1/4 TURN RIGHT, COASTER STEP, SHUFFLE FORWARD

1&2 Shuffle forward stepping L, R, L [6]
3-4 Touch R heel forward, Grind 1/4 turn right weight ends on L [9]
5-6 Step R back, (&) Step L beside right, Step R forward [9]
7&8 Shuffle forward stepping L, R, L [9]

Repeat

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