

# B.H.M.F

拍數: 64      牆數: 2      級數: (Fast) Intermediate  
編舞者: Tony Myers (UK) - December 2012  
音樂: Blondes (Have More Fun) - Rod Stewart



Intro 80 Counts from start of instrumental, start on vocals

**Side, Hold: Rock, Recover: Turn, Hold: Side, Slide**

1 2      Step right to side (1) Hold (2)  
3 4      Rock left behind right (3) Recover weight on right (4)  
5 6      Turn ¼ left stepping forward on left (5) Hold (6) (9:00)  
7 8      Step right to right side (7) Slide left towards right (8)

**Cross, Hold: Point, Turn: Turn, Hold: Step, Pivot**

1 2      Cross left over right (1) Hold (2)  
3 4      Point right to side (3) Turn ½ right stepping on to right (4) (3:00)  
5 6      Turn ¼ left stepping forward on left (5) Hold (6) (12:00)  
7 8      Step forward on right (7) Pivot ½ turn left (8) (6:00)

**Rock, Recover: Turn, Hold: Pivot Turn**

1 2      Rock forward on right (1) Recover weight on left (2)  
3 4      Turn ½ right stepping forward on right (3) Hold (4) (12:00)  
5 6      Step forward on left (5) Pivot ¼ turn right (6) (3:00)  
7 8      Cross left over right (7) Hold (8)

**Side, Cross: Turn, Hold: Turn, Hold: Rock, Recover**

1 2      Step right to side (1) Cross left over right (2)  
3 4      Turn ¼ left stepping back on right (3) Hold (4) (12:00)  
5 6      Turn ¼ left stepping left to side (5) Hold (6) (9:00)  
7 8      Rock right over left (7) Recover on left (8) # Wall 4 & 8 Tag & Restart 1 & 3

**Side, Hold: Cross Rock, Recover: Side, Hold: Rock Back, Recover**

1 2      Step right to right side (1) Hold (2)  
3 4      Rock left over right (3) Recover weight on right (4)  
5 6      Step left to left side (5) Hold (6)  
7 8      Rock right behind left (7) Recover weight on left (8)

**Turn, Hold: Touch Back, Turn: Step, Hold: Touch, Step Back**

1 2      Turn ¼ right stepping forward on right (1) Hold (2) (12:00)  
3 4      Touch left toes back (3) Turn ½ left stepping weight onto left (4) (6:00)  
5 6      Step forward on right (5) Hold (6)  
7 8      Touch left behind right (7) Step back on left (8) ## Wall 5 Restart 2

**Toe, Heel: Step, Slide: Toe, Heel: Step, Slide**

1 2      Touch right toes to left instep (1) Touch right heel to left instep (2)  
3 4      Step right to right side (3) Slide left toward right (4)  
5 6      Step left to left side (7) Slide right toward left (8)  
7 8      Touch right toes to left instep (7) Touch right heel to left instep (8)

**Step, Together: Back, Hold: Step, Together: Forward, Hold**

1 2      Step right to right side (1) Step left next to right (2)  
3 4      Step back on right (3) Hold (4)

5 6 Step left to left side (5) Step right next to left (6)  
7 8 Step forward on left (7) Hold (8)

**#Tag & Restarts 1 & 3 on walls 4 & 8. After count 32 Dance this 4 count Tag & Start again from beginning (Facing 12:00)**

1 2 Step forward on right (1) Pivot ¼ turn left (2)  
3 4 Walk forward on right (3) Walk forward on left (4)

**## Restart 2. On wall 5 after count 48 start again from beginning (Facing 6:00).**

**Fast but not too tricky. Enjoy.**

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