

Blow Me (One Last Kiss)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Guy Dubé (CAN) - May 2014
音樂: Blow Me (One Last Kiss) - P!nk



Intro: □ 16 counts before to begin the dance on lyrics.

Steps description submitted by Ateliers MG Dance

[1-8] □ 1/4 TURN L with SIDE STEP, TOGETHER TOUCH, CHASSÉ to L, 2X WALK FWD, HIP BUMP L in 1/4 TURN R, HIP BUMP R in 1/4 TURN L, HIP BUMP L in 1/2 TURN R

1-2 1/4 turn to left and giant step R to right side, touch L together R
3&4 Chassé to left L,R,L
5-6 Step R forward, cross L lightly over R
7 (On balls) hip bump L in twisting 1/4 turn right
& (On balls) hip bump R in twisting 1/4 turn left
8 (On balls) hip bump L in twisting 1/2 turn right
(ending weight on L, ball R on floor, heel R raised and flexed knee R)

[9-16] □ 2X (KICK-BALL, CROSS BALL ROCK BACK) GIANT STEP to SIDE, TOGETHER TOUCH in 1/4 TURN L, SHUFFLE FWD

1& Kick R forward lightly in diagonal to right, step R together L
2& Cross rock on ball L behind R, recover on R
3& Kick L forward lightly in diagonal to L, step L together R
4& Cross rock on ball R behind L, recover on L
5-6 Giant step R to right side, slide ball L together R in 1/4 turn to left
(ending weight on R, ball L on floor, heel L raised and flexed knee L)
7&8 Shuffle forward L,R,L

[17-24] □ 2X (HEEL TOUCH FWD, TOGETHER), STEP FWD, TOGETHER TOE TOUCH in 1/2 TURN L, 2X (HEEL TOUCH FWD, TOGETHER), STEP FWD, TOGETHER TOE TOUCH in 1/2 TURN R

1& Heel touch R forward, step R together L
2& Heel touch L forward, step L together R
3-4 Step R forward, touch L together R in 1/2 turn left
5& Heel touch L forward, step G together R
6& Heel touch R forward, step R together L
7-8 Step L forward, touch R together L in 1/2 turn right

[25-32] □ ROCK STEP, 2X RUN BACK, 1/4 TURN L and CROSS STEP, ROCK SIDE, TOGETHER, SIDE TOUCH, TOGETHER TOUCH

1-2 Rock step R forward, recover on L
3&4 Run back R,L, ending cross step R over L in 1/4 turn L
5-6 Rock side L, recover on R
&7-8 Step L together R, touch R to side, touch R together L

TAG : On wall 5 (face to front wall 12:00) do this follow 8 counts :

TOUCH SIDE, TOUCH, TOGETHER, CHASSÉ to R, TOUCH SIDE, TOUCH TOGETHER, CHASSÉ to L

1-2 Touch R to side, touch R together L
3&4 Chassé to right R,L,R (ending weight on R)
5-6 Touch L to side, touch L together R
7&8 Chassé to left L,R,L (ending weight on L)

FINAL: □ At the end of music (face to back wall 6:00) add 1/2 turn right on count 32.

Also you finish with the big final on the front wall 12:00.

REPEAT...
