Black & Blue

Count: 104 **Wall:** 2 **Level:** Phrased Advanced Pop
Choreographer: Simon Ward (AUS) - February 2016
Music: Black & Blue - Guy Sebastian : (Album: Black & Blue - Single - iTunes)

**** Chroeographed for Strictly 11 – 2016 ****

Sequence: A, A, B, A, A from Count 33, B, A with Restart after Count 36, A

Notes: On the 4th time you do Part A, you start from Count 33. Step directly forward on the left on count 33.
On the 5th time you do Part A, you Restart after count 36, see below for step substitute
'Cross Chasse' also known as 'Cross shuffle'

Part A: 64 counts
[1-7] Cross/hop L with sweep, R fwd at diagonal, ½ turn R stepping L back, R cross shuffle back, Rock L back, Recover R

1-2	Cross/hop left over right sweeping right forward 12.00 , Step right forward at left diagonal 10.30
3	Turn ½ turn right stepping left back 4.30
4&5	Step right back, Cross/step left over right, Step right back 4.30
6-7	Rock/step left back, Recover weight onto right 4.30

[8-16] L Triple step, R fwd. Shuffle L fwd, R fwd, ¼ Pivot R hitch L, Cross/step L, ¾ turn L

8&1	Rock/step left slightly forward, Recover weight back on right, Recover weight forward on left 4.30 (on the spot, use hips)
2	Step right forward 4.30
3&4	Step left forward, Step right beside left, Step left forward 4.30
5-6	Step right forward, Pivot ¼ turn right on right slightly hitching left 7.30
7-8&	Cross/step left over right 7.30, Turn ¼ turn left stepping right back 4.30, Turn a further ½ turn left stepping left forward 10.30

[17-24] Walk R fwd, Walk L fwd, R vaudeville, R beside L, Cross/step L, ¼ turn L, Further ½ turn L shuffling L fwd

1-2	Step right slightly forward, Step left forward 10.30
3&4	Cross/step right over left turning to 12.00, Step left slightly to left side, Touch right heel at right diagonal 12.00
&5-6	Step right beside left, Cross/step left over right, Turn ¼ turn left stepping right back 9.00
7&8	Turning a further ½ turn left stepping left forward 3.00, Step right beside left, step left slightly forward

[25-32] R mambo, L coaster step cross, R side dragging left, Hold continue L drag, L beside R, R cross chasse

1&2	Rock step right forward, recover weight onto left, Step right slightly back 3.00
3&4	Step left back, Step right beside left, Cross/step left over right 3.00
5-6	Large step right to right dragging left towards right, Hold and continue dragging left towards right 3.00
&7&8	Step onto left, Cross/step right over left, Step left slightly to left side, Cross/step right over left 3.00

[33-40] ¼ turn L, ½ turn L sweeping right, Weave L, R fwd & touch L toe, Hop L back with R sweep, Weave right turning 1/8 L

1-2	Turn ¼ turn left stepping left slightly forward 12.00, Turn a further ½ turn left stepping right back and sweeping left back 6.00
3&4	Step left behind right, Step right slightly to right, Cross/step left over right 6.00

&5-6	Step right slightly forward, Touch left toe behind right, Hop left slightly back sweeping right back 6.00
7&8	Step right behind left, Step left to left turning 1/8 turn left 4.30, Step right forward

[41-48] L fwd, R back turning 1/8 L, Further 3/8 turn L & shuffle L fwd, R samba ¼ turn R, L samba 3/8 turn R

1-2	Step left forward 4.30, Turn 1/8 turn left stepping right back 3.00
3&4	Turn a further 3/8 turn left stepping left forward 10.30, Step right beside left, Step left slightly forward 10.30
5&6	Cross/step right over left, Step left slightly to left side, Recover weight onto right turning ¼ turn right 1.30
7&8	Cross/step left over right, Step right slightly to right, Recover weight onto left turning 3/8 turn left 9.00

[49-56] Rock R fwd, Recover L sweeping R, Weave L, Rock L to L, Recover R turning ¼ R, L beside R turning full turn right sweeping R

1-2	Rock/step right directly in front of left, Recover weight back on left sweeping right back 9.00
3&4	Step right behind left, Step left to left side, Cross/step right over left 9.00
5-6	Rock/step left to left side, Recover weight onto right turning ¼ turn right 12.00
7-8	Step left beside right turning a full turn right on left sweeping right back, Continue full turn right sweeping right back 12.00

[57-64] Rock R back, Recover L, Shuffle R fwd, L Mambo, Touch R back, Pivot back ½ turn R

1-2	Rock/step right back, Recover weight onto left 12.00
3&4	Step right forward, Step left beside right, Step right forward 12.00
5&6	Rock/step left forward, Recover weight onto right, Step left back 12.00
7-8	Touch right toe back, Pivot back ½ turn right taking weight onto right 6.00

Part B: 40 counts - (To make it easier I have made the directions from 12.00 as you are facing the front wall the 1st time you do Part B)

[1-8] L fwd, Pivot ¼ R, Cross/step L, ¼ turn L, L back extending L arm, ½ turn L extending L arm up and around

1-4	Step left forward 12.00, Pivot ¼ turn right taking weight onto right 3.00, Cross/step left over right, Turn ¼ turn left stepping right back 12.00
5-8	Step left back extending left arm forward, Turn ½ turn left as you extend left arm up & around on counts 6-8

(finish weight back on right) 6.00

[9-16] Samba Diamond turning left

1&2	Cross/step left over right, Turn 1/8 turn left stepping right back 4.30, Step left back hitch right knee 4.30
3&4	Step right behind left turning 1/8 turn left 3.00, Turn a further 1/8 turn left stepping left forward 1.30, Step right forward hitching left 1.30
5&6	Cross/step left over right turning 1/8 turn left 12.00, Turn 1/8 turn left stepping right back 10.30, Step left back hitch right knee 10.30
7&8	Step right behind left turning 1/8 turn left 9.00, Turn a further 1/8 turn left stepping left forward 7.30, Step right forward hitching left 7.30

[17-24] L vaudeville, R vaudeville, L cross chasse, ½ turn R, R cross chasse

1&2&	Cross/step left over right turning 1/8 turn left 6.00, Step right to right, Touch left heel at left diagonal, Step left beside right 6.00
3&4&	Cross/step right over left, Step left to left, Touch right heel at right diagonal, Step right beside left 6.00
5&6&	Cross/step left over right, step right slightly to right, Cross/step left over right, Turn ½ turn right on left 12.00
7&8	Cross/step right over left, Step left slightly to left, Cross/step right over left 12.00

[25-40] Samba Diamond turning left, L vaudeville, R vaudeville, L cross chasse, ½ turn R, R cross chasse

1-16 Repeat counts 9-24 (opposite clock directions, finish facing 6.00)

Note: On the 5th time you do Part A, you restart after count 36 facing the back wall.

Substitute counts 35-36 with:

35-36 Step left behind right, Step right to right side (hit the beats of the music)

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