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| Black & Gold |  |

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| **Count:** | 64 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Teresa Lawrence (UK) & Vera Fisher (UK) - March 2008 |
| **Music:** | Black & Gold - Sam Sparro : (CD single) |
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**Start time & BPM: Dance starts 48 counts in on main vocals, about 23 seconds. BPM 137**

**JAZZ JUMP. SPLIT IN KICK. BALL CROSS SIDE, CROSS SIDE (with heel grind & dip option)**

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| &1-2-3-4 | Step fwd on R, step L next to R ending with feet a few inches apart, split heels apart, bring heels back in to centre weight ending on R, small kick with L to slight L diagonal |

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| &5-6-7-8 | Step L in place, cross R over L, step L to L side, cross R over L, step L to L side. (12) |

**(Option for &5-6-7-8. Step L in place, cross R over L placing weight on R heel so that R toes are up & bending both knees slightly, step L to L side grinding R heel so that R toes end facing R diagonal & straighten both knees weight to end on L, repeat counts 5-6)**

**SIDE ROCK REPLACE STEP BACK SWEEP BEHIND 1/4 STEP 1/4 TURN**

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| 1-2-3-4 | Rock R to R side, replace weight to L, step back on R behind L, sweep L out to L side |

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| 5-6-7-8 | Step L behind R, making 1/4 turn R step fwd on R, step fwd on L, make 1/4 turn R weight to stay on L. (6) |

**JAZZ BOX 1/4 TURN, KICK CROSS, KICK CROSS BACK**

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| 1-2-3-4 | Cross R over L, make 1/4 turn R stepping back on L, step R next to L, step L slightly fwd, |

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| 5-6-7-8 | Kick R to fwd R diagonal, cross R over L, small kick L to L diagonal, cross L behind R. (9) |

**ROCK BACK REPLACE STEP FWD 1/2 RIGHT KNEE POPS WITH SHOULDERS!**

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| 1-2-3-4 | Rock back on R, replace weight on L, step fwd on R, spin 1/2 turn R stepping back on L bringing R heel up so R knee is slightly bent. |

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| 5-6-7-8 | Step down on R, bring L heel up & bend L knee slightly, step down on L, bring R heel up & bend R knee slightly, repeat counts 5-6 (3) |

**(Shoulder option. On the knee pops just “bounce” your shoulders in time with your knees. If R is bent then**

**bring R shoulder up, same on L)**

**TOUCH BACK 1/2 TURN PIVOT 1/2 TURN SIDE ROCK REPLACE CROSS HOLD**

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| 1-2-3-4 | Touch R toe back, make 1/2 turn R putting weight on R, step fwd on L, pivot 1/2 R. |

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| 5-6-7-8 | Rock L out to L side, replace weight to R, cross L over R, hold (3) |

**TOE & TOE & HEEL & TOUCH, KICK BALL CHANGE KICK STEP DOWN**

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| 1&2&3&4 | Touch R toe out to R side, step R next to L, touch L toe out to L side, step L next to R, dig R heel fwd, step R next to L, touch L toe back. |

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| 5&6-7-8 | L kick ball change, kick fwd with L, step L next to R. |

**SIDE ROCK REPLACE CROSS ROCK REPLACE CROSS SIDE STEP BACK**

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| 1-2-3-4 | Rock R out to R side, replace weight on L, cross R over L, rock L out to L side |

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| 5-6-7-8 | Replace weight to R, cross L over R, step R to R side, small step back on L. |

**BOUNCE 1/2 TURN 2 1/2 PIVOTS**

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| 1-2-3-4 | Step fwd on R, make 1/2 turn L doing 3 heel bounces over 3 counts, weight to end on L |

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| 5-6-7-8 | Step fwd on R, pivot 1/2 turn L, repeat counts 5-6. (9) |

**Ending. You will be on wall 7 facing 9 o’clock dancing section 7, the knee pops, there is 1 count of music left at the end of the knee pops, just twist 1/4 turn R to face front, you will end with legs crossed!**

**End Of! Luv T&V xx**