## Black and Blue

Count: 96
Wall: 4
Level: Phrased Intermediate
Choreographer: Colleen Archer (AUS) - January 2016
Music: Black \& Blue - Guy Sebastian : (Album: Black \& Blue - Single - iTunes)

Intro: 16 counts SP. Weight on R Intermediate Level Date: 28th December, 2015 "For...Jayne " $\square$
Track time: 3.39 mins, 4 wall, Phrased (A) 64 counts \& (B) 32 counts BPM: 110 Version: 1
(A) $\square-64$ counts $\square$

A1: ROCK FWD, REC, $1 ⁄ 2$ TURN SHUFFLE, $1 ⁄ 2$ PIVOT, OUT, OUT, BUMP
1,2 Rock step $L$ forward, Recover $R$
3 \& $4 \quad$ Turn $1 / 4$ \& step $L$ to left side, Step $R$ beside $L$, Turn $1 / 4$ left \& step $L$ forward
5, $6 \quad$ Step $R$ forward, Turn $1 / 2$ left taking weight onto $L$
\& 7, 8 Step R to right side, Step L to left side, Bump hips to right (weight on R) \# (short 1)
A2: SHUFFLE, CROSS ROCK, REC, $3 / 4$ TURN, $1 ⁄ 2$ TURNING SHUFFLE
1 \& 2 Step L to left, Step R beside L, Step L to left side
3, $4 \quad$ Rock step $R$ across L, Recover L
5, $6 \quad$ Turn $1 / 4$ right \& step $R$ forward, Turn $1 / 2$ right \& step $L$ back
7 \& $8 \quad$ Turn $1 / 4$ right \& step $R$ to right, Step L beside R, Turn $1 / 4$ right \& step R forward $\square$ (3)
A3: ROCK FWD, REC, BACK, DRAG, TOG \& 1/4 PADDLE, X-SHUFFLE
1,2 Rock step L forward, Recover R
3, 4 Long step $L$ back, Drag $R$ to touch beside $L$
\& 5, $6 \quad$ Step $R$ beside $L$, Step $L$ forward, Turn $1 / 4$ right taking weight onto $R$
7 \& $8 \quad$ Step $L$ across R, Step $R$ to right side, Step $L$ across $R \square(6)$
A4: ROCK SIDE, REC, TOG, ROCK SIDE, REC, ROCK FWD, REC, BACK, LOCK, BACK
1, 2 \& Rock step $R$ to right side, Recover L, Step R beside L
3,4 Rock step $L$ to left side, Recover $R$
5, $6 \quad$ Rock step L forward, Recover R
7 \& $8 \quad$ Step L back, Lock R across L, Step L back $\square$ (6)
A5: ROCK BACK, REC, BUMP FWD BACK FWD, ¼ PADDLE, ACROSS, TOUCH $\square$
1,2 Rock step R back, Recover L
3 \& $4 \quad$ Touch $R$ toe forward $45^{\circ}$ right \& bump hips $R L R$ ending weight on $R$ \#\#\# (Restart)
$5,6 \quad$ Step $L$ forward, Turn $1 / 4$ right taking weight onto $R$
7, $8 \quad$ Step L across R, Touch R toe to right side \#\# (short 2, step R to side) $\square$ (9)
A6: ACROSS, BACK, MAMBO, $1 / 4$ PADDLE, X-SHUFFLE
1, 2 Step $R$ across $L$, Step L back
3 \& $4 \quad$ Rock step $R$ back, Recover L, Step R forward
5, $6 \quad$ Step $L$ forward, Turn $1 / 4$ right taking weight onto $R$
7 \& $8 \quad$ Step $L$ across $R$, Step $R$ to right side, Step $L$ across $R \square(12)$
A7: ROCK FWD, REC, ½ TURN TRIPLE, FWD, ½ TURN, COASTER
1, $2 \quad$ Rock step $R$ forward to $45^{\circ}$ right, Recover $L$
3 \& $4 \quad$ Turn $1 / 2$ right stepping R L R on the spot
5, $6 \quad$ Step L forward, Turn $1 / 2$ left \& step $R$ back
7 \& $8 \quad$ Step L back, Step $R$ beside L, Step L forward (still facing right diagonal) $\square$ (1)
A8: ROCK SIDE, REC, SAILOR, TOUCH ACROSS, UNWIND, COASTER

12
3 \& 4
5, 6
7 \& 8

Rock step R to right side, Recover L (add finish) Step $R$ behind $L$, Rock step $L$ to left side, Recover $R$ Touch $L$ toe across $R$, Unwind $225^{\circ}$ right keeping weight on $L$ \& pop $R$ knee Step R back, Step L beside R, Step R forward $\square$ (9)

Begin again.....
SHORT WALL 1: \# Wall 3...dance first 8 counts only and start wall 4 (PART B) facing 6 o'clock.
SHORT WALL 2: \#\# Wall 6 ...begins at 3 o'clock, dance first 39 counts, step R to right side and start wall 7 (PART B) facing 12 o'clock.

RESTART: $\square \# \# \#$ Wall 8, dance first 36 counts and begin wall 9 facing 6 o'clock.
(B) -32 counts

B1: ROCK FWD, REC, BUMP BACK FWD BACK, ROCK BACK, REC, BUMP FWD, BACK, FWD (6) $\square$
1,2 Rock step L forward, Recover R
3 \& $4 \quad$ Touch $L$ toe back $45^{\circ}$ left \& bump hips back, forward, back ending weight on $L$
5, $6 \quad$ Rock step R back, Recover L
7 \& $8 \quad$ Touch $R$ toe forward $45^{\circ}$ right \& bump hips forward, back, forward ending weight on $\mathrm{R} \square$ (12)
B2: $1 / 4$ PADDLE, $1 / 4$ PADDLE, X-SAMBA, ACROSS, POINT
9, 10 Step L forward, Turn $1 / 4$ right taking weight onto $R$
11, 12 Step L forward, Turn $1 / 4$ right taking weight onto $R$
13 \& 14 Step $L$ across $R$, Rock step $R$ to right side, recover $L$
15, 16 Step $R$ forward across $L$, Touch $L$ to left side $\square(6)$
B3 AND B4: REPEAT COUNTS [1-16]

NOTE: $\square(B)$ Wall 4 starts \& finishes at 6 o'clock. (B) Wall 7 starts \& finishes at 12 o'clock. BOTH (B's) follow the short walls.

SEQUENCES: (A) 64 : 64 : 8 (short 1) (B) 32 (A) 64 : 40 (short 2) (B) 32 (A) 36 (restart) : 60
FINISH: Wall 9 ...dance first 58 counts, add right turning sailor to 12 o'clock ....
Sweep R \& step behind $L$ turning $135^{\circ}$ right, Step $L$ to left side, Long step $R$ to right side, Drag $L$ towards $R$
Dance may be copied and distributed provided original steps remain unchanged.
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