

I Got The Blues

Compte: 48

Mur: 4

Niveau: Novice / Intermediate West Coast
Swing



Chorégraphe: Daniel Trepât (NL) & Nicole Griehsler (AUT) - February 2008

Musique: I Got the Blues - Brother Yusef

Out, Out, Hold, Behind, Side, Cross, Step, Drag, Toe, Heel

- & RF Step to R side
- 1 LF Step to left side (Look to L Side)
- 2 Hold
- 3 RF Step behind LF
- & LF Step to left side
- 4 RF Cross over LF
- 5 LF Big step to left side
- 6 RF Drag to LF
- & RF Twist R toe in
- 7 RF Twist R heel in
- 8 RF Put weight on RF

And Cross, unwind ½ Turn L, Coaster Step, Knee Pops R,L,R,L

- & LF Make a weight change on LF
- 1 RF Cross over LF
- 2 Unwind ½ turn over left shoulder (end weight on RF)
- 3 LF Step back
- & RF Close to LF
- 4 LF Step forward
- 5 RF Step forward Straight Leg (pop left knee)
- 6 LF Step forward Straight Leg (pop right knee)
- 7 RF Step forward Straight Leg (pop left knee)
- 8 LF Step forward Straight Leg (pop right knee)

Kick Ball Step, Drag, Hitch, Heel and Heel, Heel Twists with ½ Turn L

- 1 RF Kick forward
- & RF Step next to LF
- 2 LF Step forward
- 3 RF Drag RF towards LF
- 4 RF Hitch right knee
- & RF Close to LF
- 5 LF Left heel forward
- & LF Close to RF
- 6 RF Step forward
- 7 & 8 Twist both heels R, L, R, at same time making a ½ turn left (end facing 12 o'clock)

Coaster Step, Skates R,L,R,L, Hitch, ½ Turn with Hitches

- 1 LF Step back
- & RF Close to LF
- 2 LF Step forward
- 3 RF Skate diagonally forward right
- 4 LF Skate diagonally forward left
- 5 RF Skate diagonally forward right
- 6 LF Skate diagonally forward left

- 7 ¼ Turn left hitch RF
- 8 ¼ Turn left hitch RF

Back, Close, Walk, Walk, ¼ Turn L, Cross, Side, Sailor Step

- 1 RF Step back
- 2 LF Close to RF
- 3 RF Step forward
- 4 LF Step forward
- & RF ¼ turn left and stepping to right side
- 5 LF Cross over RF
- 6 RF Step to right side
- 7 LF Step behind RF
- & RF Step next to LF
- 8 LF Step to left side

Cross, Touch, Cross, Touch, Out Out, In In, Out Out, In In

- 1 RF Cross over LF
- 2 LF Touch left toe to left side
- 3 LF Cross over RF
- 4 RF Touch right toe to right side
- & RF Step diagonally to right
- 5 LF Step diagonally to left
- & RF Step back to Center
- 6 LF Step back to Center
- & RF Step diagonally to right
- 7 LF Step diagonally to left
- & RF Step back to Center
- 8 LF Step back to Center ,

Start Over and have fun
