

Black And White

拍数: 32 墙数: 2 级数: Mirror line
编舞者: Tony Marcantonio (USA) - September 2015
音乐: Born and Raised In Black and White - Brooks & Dunn



Alt. music:-

How 'Bout Them Cowgirls by George Strait

Cowgirls Don't Cry by Brooks & Dunn

S1: ROCK RECOVER, SHUFFLE, TOUCH, TURN ½, SHUFFLE

1-2 Rock right forward, recover to left
3&4 Shuffle back right-left-right
5-6 Touch left together, turn ½ left and hitch left
7&8 Shuffle forward left-right-left

S2: ROCK RECOVER, COASTER, STEP PIVOT ½, KICK BALL CHANGE

1-2 Rock right forward, recover to left
3&4 Step right back, step left together, step right forward
5-6 Step left forward, turn ½ right (weight to right)
7&8 Left kick ball change

S3: SHUFFLE, ½ TURN, SCUFF, ROCK RECOVER, WALK WALK

1&2 Shuffle side left-right-left
3-4 Turn ½ right and step right side, brush left over right
5-6 Cross/rock left over, recover to right
7-8 Turn ¼ left and step left forward, step right forward

S4: HEEL SWITCHES, TOUCH, UNWIND, SAILOR SHUFFLES

1& Touch left heel forward, step left together
2& Touch right heel forward, step right together
3-4 Touch left back, unwind ¾ left (weight to right)
5&6 Left sailor step
7&8 Right sailor step

The second wall of the dance is the mirror image of the first half

M1: ROCK RECOVER, SHUFFLE, TOUCH, TURN ½, SHUFFLE

1-2 Rock left forward, recover to right
3&4 Shuffle back left-right-left
5-6 Touch right together, turn ½ right and hitch right
7&8 Shuffle forward right-left-right

M2: ROCK RECOVER, COASTER, STEP PIVOT ½, KICK BALL CHANGE

1-2 Rock left forward, recover to right
3&4 Step left back, step right together, step left forward
5-6 Step right forward, turn ½ left (weight to left)
7&8 Right kick ball change

M3: SHUFFLE, ½ TURN, SCUFF, ROCK RECOVER, WALK WALK

1&2 Shuffle side right-left-right
3-4 Turn ½ left and step left side, brush right over left
5-6 Cross/rock right over, recover to left
7-8 Turn ¼ right and step right forward, step left forward

M4: HEEL SWITCHES, TOUCH, UNWIND, SAILOR SHUFFLES

- 1& Touch right heel forward, step right together
- 2& Touch left heel forward, step left together
- 3-4 Touch right back, unwind $\frac{3}{4}$ right (weight to left)
- 5&6 Right sailor step
- 7&8 Left sailor step

***This dance was choreographed in memory of my best friend Brian; so have fun and smile like he would have! *Remember when you dance...Dance With Attitude!**

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