

Bald Headed Blues

拍數: 80 牆數: 2 級數: Phrased Intermediate
編舞者: Helen Woods (USA) - October 2015
音樂: Bald Headed Blues - Saffire - The Uppity Blues Women : (CD: Havin' The Last Word)



#24 count intro, weight on left

Phrase Sequence: A, A, B, A, A, B, A, Ending

PART A – 48 COUNTS

A1: KICK BALL CROSS, KICK BALL CROSS, ROCK SIDE, RECOVER, CROSS SIDE CROSS

1&2 Kick right forward toward right diagonal, step ball of right beside left, step left across right
3&4 Kick right forward toward right diagonal, step ball of right beside left, step left across right
5-6 Rock right to side, recover to left
7&8 Step right across left, step left to side, step right across left

A2: KICK BALL CROSS, KICK BALL CROSS, ROCK SIDE, RECOVER, CROSS SIDE CROSS

1&2 Kick left forward toward left diagonal, step ball of left beside right, step right across left
3&4 Kick left forward toward left diagonal, step ball of left beside right, step right across left
5-6 Rock left to side, recover to right
7&8 Step left across right, step right to side, step left across right

A3: HEEL TOUCH HEEL TOGETHER, HEEL TOUCH HEEL TOGETHER, HEEL TOUCH TOUCH TOGETHER, HEEL TOUCH TOUCH TOGETHER

1&2& Touch right heel forward, touch right beside left, touch right heel forward, step right together
3&4& Touch left heel forward, touch left beside right, touch left heel forward, step left together
5&6& Touch right heel forward, touch right beside left, touch right to side, step right together
7&8& Touch left heel forward, touch left beside right, touch left to side, step left together

A4: TOUCH, HOLD BALL TOUCH, HOLD BALL WALK, WALK, ANCHOR STEP

1 Touch right forward
2&3 Hold, step ball of right beside left, touch left forward
4&5 Hold, step ball of left beside right, step right forward
6 Step left forward
7&8 Rock right behind left, recover to left, step right in place

A5: SAILOR ¼ TURN, SAILOR, SAILOR, SAILOR

1&2 Turn ¼ left stepping left behind right, step right to side, step left to side
3&4 Step right behind left, step left to side, step right to side
5&6 Step left behind right, step right to side, step left to side
7&8 Step right behind left, step left to side, step right to side

A6: WALK, WALK, STEP ¾ TURN, TRIPLE LEFT SIDE, ROCK BACK, RECOVER

1-2 Step left forward, step right forward
3-4 Step left forward, turn ¾ right shifting weight to right
5&6 Step left to side, step right beside left, step left to side
7-8 Rock right back, recover to left

PART B – 32 COUNTS

B1: SIDE, TOGETHER, CLAP CLAP CLAP, SIDE, TOUCH, CLAP CLAP CLAP

1-2 Step right to side shimmying shoulders, step left together
3&4 Clap hands, clap hands, clap hands
5-6 Step right to side shimmying shoulders, touch left beside right

7&8 Clap hands, clap hands, clap hands

B2: SIDE, TOGETHER, CLAP CLAP CLAP, SIDE, TOUCH, CLAP CLAP CLAP

1-2 Step left to side shimmying shoulders, step right together

3&4 Clap hands, clap hands, clap hands

5-6 Step left to side shimmying shoulders, touch right beside left

7&8 Clap hands, clap hands, clap hands

B3: STEP, TURN ½, TRIPLE FORWARD, STEP, TURN ½, TRIPLE FORWARD

1-2 Step right forward, turn ½ left shifting weight to left

3&4 Step right forward, step left instep beside right heel, step right forward

5-6 Step left forward, turn ½ right shifting weight to right

7&8 Step left forward, step right instep beside left heel, step left forward

B4: DIP, POINT, DIP, POINT, BUMP HIPS (or dancer's choice)

1-2 Step right to side bending knees, point left in place straightening knees angling upper body to left diagonal

3-4 Step left in place bending knees squaring upper body, point right in place straightening knees angling upper body to right diagonal

5-8 Bump hips right, bump hips left, bump hips right, bump hips left

(Alternatively, dancer may choose a different style of hip movement)

ENDING - 1-End□Primp bald head
