

Blue Storm

拍數: 96 牆數: 4 級數: Phrased Intermediate
編舞者: Kate Sala (UK) - September 2016
音樂: Cry (feat. Take That) - Sigma : (mp3 download)



Intro 64 counts from first heavy beat/22 sec. Starting on the words 'It's You'.
Pattern - B, A, A, B, A, A, B, A, A. (B is only danced facing front and back walls.)

Begin with 'Part B' – 32 counts

B1: Step Right Forward, Step Together Using 'Arms', Step Left Forward, Step Together Using Arms.

- 1 Step forward on R and extending R arm out in front, chest high with palm facing left.
- 2 Step L next to R extending L arm forward with palm facing R palm.
- (Like holding an imaginary football out in front with straight arms)
- 3 4 Bring the hands in chest high, Bring the hands down (Still holding the ball & arms stretched down)
- 5 Step forward on L bringing the L arm up in front to reach the sky with palm facing outwards.
- 6 Step R next to L bringing R arm up in front to reach the sky with palm facing outwards.
- 7 8 Bring both arms in and let them float down close to the body until straight by the sides.

B2: Step Right Forward, Hold, Pivot 1/2 Turn Left, Shuffle Forward, Hold.

- 1 2 Step forward on R. Hold.
- 3 4 Pivot 1/2 turn left over 2 counts. 6:00
- 5 - 8 Step forward on R. Step Left next to R. Step forward on R. Hold.

B3: Shuffle 1/2 Turn Right, Hold, Step Back, Touch, Step Forward, Scuff.

- 1 - 4 Turn 1/4 right stepping L to left side. Step R next to L. Turn 1/4 right stepping small step back on L. Hold.
- 5 - 8 Step back on R. Touch L next to R. Step forward on L. Scuff R forward. 12:00

B4: Paddle Turn 1/4 Left x 3, Turn 1/4 Left With Stomp, Stomp.

- 1 - 6 Step forward on ball of R. Paddle 1/4 turn left, transferring weight to L. Repeat this 2 more times.
- 7 8 Turn 1/4 left stomping down on R. Stomp down on L next to R. 12:00

Part A

A1: Side Touch Right, Step Forward, Side Touch Left, Step Forward, Mambo Step, Drag.

- 1 2 Touch R toe out to right side. Step forward on R.
- 3 4 Touch L toe out to left side. Step forward on L.
- 5 - 8 Rock forward on R. Recover on to L. Long step back on R. Drag L towards R. (Weight on R).

A2: Coaster Step, Scuff, Toe Strut, Forward Touch, Hitch.

- 1 - 4 Step back on L. Step R next to L. Step forward on L. Scuff R forward.
- 5 6 Step forward on ball of R. Drop R heel down.
- 7 8 Touch L toe forward. Hitch L knee up.

A3: Cross Touch, Hitch, Walk Back x 2, Stomp, Swivel Left Toe, Heel, Touch In.

- 1 2 Touch L toe across across R. Hitch L knee up.
- 3 4 Walk back on L, R.
- 5 - 8 Stomp L next to R with toes turned in. Swivel L toes left, Swivel L heel left. Touch R next to L instep.

A4: Step Right, Touch, Step Left, Touch, Step Back, Touch, Step Forward, Scuff.

- 1 - 4 Step R to right side. Touch L next to R. Step L to left side. Touch R next to L.

5 - 8 Step back on R. Touch L next to R. Step forward on L. Scuff R forward.

A5: Forward Lock Step, Hold, Weave Right.

1 - 4 Step forward on R. Lock step L behind R. Step forward on R. Hold.

5 - 8 Cross step L over R. Step R to right side. Cross step L behind R. Step R to right side.

A6: Cross Rock, Recover, Step Left, Hold, Cross Rock, Recover, Turn 1/4 Right, Hold.

1 - 4 Cross rock on L over R. Recover on to R. Step L to left side. Hold.

5 - 8 Cross rock on R over L. Recover on to L. Turn 1/4 right stepping forward on R. Hold. 3:00

A7: Step Forward, Pivot 1/2 Turn Right, Step Forward, Hold, Triple Full Turn Left, Hold.

1 - 4 Step forward on L. Pivot 1/2 turn right. Step forward on L. Hold. 9:00

5 - 8 Turn 1/2 left stepping back on R. Turn 1/2 left stepping forward on L. Step forward on R. Hold. 9:00

A8: Weave Right Using Left Heel, Touch In.

1 2 Step on L heel to left side & slightly forward. Cross step R behind L.

3 4 Step L to left side and slightly back. Cross step R over L.

5 6 Step on L heel to left side & slightly forward. Cross step R behind L.

7 8 Step L to left side. Touch R next to left.

Ending - End of dance, on count 8 facing back wall, Touch R behind L and unwind 1/2 turn right to face the front wall.
