A Blood Stone

拍數: 32	牆數: 4	級數:

編舞者: Heather Rowe (AUS) - September 2018

音樂: Bloodstone - Guy Sebastian

Stomp, pivot ¼, coaster, step, walk, walk, twist and twist.

1 2 3&4&   Stomp R foot to right side, pivot on both feet ¼ turn left, step left back, right together, left forward, step right forward

5 6 7&8&   Walk forward left, right, pivot on both feet ¼ turn left, ¼ turn right, ¼ turn left, ¼ turn right.

Rock, recover, ½ turn shuffle (*), vaudeville x 2, step.

1 2 3&4   Rock forward on left, recover to right, shuffle ½ turn left, stepping left, right, left

5&6&7&8&   Cross right over left, step left to left side, touch right heel to right diagonal, step right together, cross left over right, step right to right side, touch left heel to left diagonal, step left together.

Cross, unwind 3/4, coaster cross, side rock cross, side rock cross.

1 2 3&4   Cross right over left, pivot ¾ turn left, weight landing on right foot, step left back, step right together, step left across right

5&6 7&8   Step onto right, rocking weight onto right, recover to left and cross right over left, step onto left, rocking weight onto left, recover to right and cross left over right.

Stomp, ¼ stomp, kick, rock step, step, mambo, back ½ turn step.

12& 3&4   Stomp right beside left, pivot ¼ turn right (on left foot), stomp right beside left, kick right, rock forward onto right, back onto left and forward onto right

5 6&7 8   Rock forward onto left, back onto right, step left beside right, step right back with ½ turn right, step left forward.

Restarts: wall 3 & 7 after count 16.

Music slows at wall 7 keep dancing at same pace.

*Can change to a 1 ½ turn shuffle as shown in dance demo by person on left.

Enjoy…