Blowin' Smoke Cha

級數: Improver

編舞者: Kaye Crooks (USA) - November 2022

音樂: Blowin' Smoke - Teddy Swims

#8 intro

S1: Step Lock, Shuffle (fwd) (R & L)

拍數: 64

- R Step (fwd), L Lock (as you Pop R knee up), Shuffle (fwd) 1,2, 3&4
- 5,6,7&8 L Step (fwd), R Lock (as you Pop L knee up), Shuffle (fwd)

S2: R Side, L Behind, ¼ Shuffle, ¼ Pivot, Cross Shuffle

- 1,2, 3&4 R Side, L Behind, R Turn ¼, L Together, R (fwd) 3:00
- 5,6,7&8 L Step (fwd), R Turn ¼, L Cross, R Side, L Cross 6:00

S3: 8 Count Turning Weave (or sub: Vine, Touch (R & L)

- 1-4 R Side, L Behind, R Turn ¼, L Step (fwd) 9:00
- 5-8 R Turn 1/2, L Turn 1/4, R Behind, L Step (side) 3:00/6:00

S4: Points (Front, Side), Sailor Step (R & L)

- 1,2, 3&4 Point R (fwd, side), Sailor (Swing R behind, Rec L, R Side)
- Point L (fwd, side), Sailor (Swing L behind, Rec R, L Side) 5,6,7&8

S5: R Rock (fwd), L Recover, 2 Half Shuffles, R (back) Rock, L Recover

- 1,2, 3&4 R Rock, L Recover, ¹/₂ Shuffle (turning R) RLR 12:00
- 5&6, 7,8 1/2 Shuffle (turning R) LRL, R (back) Rock, L Recover 6:00

S6: Kick Ball Cross, Side, Drag (R & L)

- R Kick Ball Cross, R Side, L Drag (no weight) 1&2, 3,4
- 5&6, 7,8 L Kick Ball Cross, L Side, R Drag (no weight)

S7: R Step (fwd) 1/8 Diagonal, L Tap (behind), (Back) Lock LRL, R Step 1/8 Side, L Tap (next to R), Chasse LRL

- 1,2, 3&4 R (fwd) 1/8 Diagonal, L Tap (behind), Back Lock (LRL) 7:30
- R 1/8 Side, L Tap (next to R), Chasse (LRL) 9:00 5,6,7&8

S8: R Rocking Chair (optional hip rocks), 2 Toe Struts (with hip roll)

- 1-2 R Rock (fwd) (slight hip bump diagonal), L Recover (back/center)
- 3-4 R Rock (back) (slight hip bump diagonal), L Recover (fwd center)
- R Toe (Up & Down with hip bump) 5&6
- L Toe (Up & Down with hip bump) 7&8





牆數: 4