No Blues No Worries



拍數: 32 牆數: 4 級數: Beginner

編舞者: Sher Mcintosh (CAN) - April 2024

音樂: Can't Even Get the Blues - Reba McEntire



No Tags No Restarts

Dance is almost, not quite, identical going to the right and left (mirror).

Section 1: Step, L Kick, Step, R Kick, Step, L Kick, Ball, Change, Cross

1 – 4 Step R, Kick L across R, Step L, Kick Right across L

5 Step R,

6 & 7 L Kick, Ball, Change

8 Step L leg across R leg, weight on L

Section 2: Vine to R with Touch, L Step, R Knee drop to Centre, Return, L Touch at Instep

1 – 4 Step R to R, L behind R, R to R, L touch at instep

5 – 8 Step L, Drop R knee to middle, return, L touch at instep

Section 3: Step, R Kick, Step, L Kick, Step, R Kick, Ball, Change, Cross

1 - 4 Step L, Kick R across L, Step R, Kick Left across R

5 Step L

6 & 7 R Kick, Ball, Change

8 Step R Leg Across L leg, weight on R

Section 4: L Grapevine (4 th count is R foot beside L), swivel both heels 1 / 4 to the R, and Return (facing 12:00), swivel boths heels 1 / 8 to R, repeat swivel both heels 1 / 8 to R (to obtain new wall at 9 o clock)

1 – 4 Step L to L, R behind L, step L to L, R beside L

5, 6 Swivel both heels together 1 / 4 turn to the right, return

7, 8 Swivel both heels 1/8 turn to the right, repeat 1/8 turn to right (face 9:00)

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