Blowin' Smoke



編舞者: Jo Mellown (USA) - February 2025 音樂: Blowin' Smoke - Teddy Swims



Intro: 8 counts - No tags, no restarts

[1 – 8] R press forward, recover, step back, behind, side, cross, hinge turn, cross

- 1, 2, 3, 4 Press the ball of R foot forward to R diagonal (1:30), push back/recover to L, step R back to the diagonal, step L to L side (12:00)
- 5, 6, 7, 8 Cross R over L, L step back with ¼ turn to R (3:00), R step forward with ¼ turn to R (6:00), cross L over R

[9 - 16] R press forward, recover, step back, side, cross, side, cross, L step to left side, drag R foot together

- 1, 2, 3, 4 Press the ball of R foot forward to R diagonal (7:30), push back/recover to L, step R back to the diagonal, step L to L side (6:00)
- 5&6, 7, 8 Cross R over L, step L to the side, cross R over L, step L to L side, drag R foot together

[17 – 24] R Rock back, recover, triple forward, walk L, walk R, triple forward

- 1, 2, 3&4 Rock R back, recover to L, step R forward, step L together, step R forward
- 5, 6, 7&8 Walk L forward, walk R forward, step L forward, step R together, step L forward
- *variation for counts 5, 6: Step L forward and sway L hip forward (ct 5), shift weight back to R and sway R hip backward

[25 – 32] R rock forward, recover L, step R back, ¼ turn to L and step L to side, jazz box

- 1, 2, 3, 4 Rock R forward, recover to L, step R back, ¼ turn (9:00) to L stepping L to L side
- 5, 6, 7, 8 Cross R over L, step L back, step R to R side, step L next to R

Start Over!

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