Blackout '99



拍數: 48 牆數: 4 級數: Intermediate/Advanced

編舞者: Lee Crooks (UK) & Glad Jackson (UK)

音樂: When the Lights Go Out - Five



When dancing to Five, start on the word "lights"

BODY MOVES, HEEL DIGS

1-2 (Feet shoulder width a	apart) push upper body	to the left, push	upper body forward

3-4 Push upper body to the right, pull upper body back in place to face front 5-6 Dig right heel forward (weight remains on right), step left behind right

& Step right foot to right side

7-8 Dig left heel forward (weight remains on left), step right behind left

& Step left foot to left side

VINE RIGHT WITH 1/4 TURN RIGHT, ROCK STEP AND SIDE CHASSE LEFT

9-10	Step right foot to right side, step left foot behind right
11-12	Step right foot ¼ turn right, touch left foot beside right

13-14 Rock body to left side (weight on left foot), rock body to right side (weight on right foot)

15&16 Step left foot to left side, step right beside left, step left foot to left side

Arms: Counts 13-14: swing both arms to the left, swing both arms to the right. Counts 15&16: swing arms turning a full turn to the right then point fingers to the left.

TWO HITCH 1/8 TURNS LEFT, TWO HITCH 1/4 TURNS LEFT, QUICK STEPS WITH TWISTS

&1	Hitch right knee making 1/8 turn left, touch right toe out to right side
&2	Hitch right knee making 1/8 turn left, touch right toe out to right side
&3	Hitch right knee making ¼ turn left, touch right toe out to right side
&4	Hitch right knee making 1/4 turn left, touch right toe out to right side

You should now have turned ¾ left and be facing 3:00

&5 Step right foot back, step left foot forward &6 Twist feet ¼ turn right, twist feet ¼ turn left

7-8 (Weight on left foot) step right foot forward, pivot ½ turn left. (weight ends on left)

HEEL, STEP FORWARD, SIDE ROCKS, RIGHT SAILOR STEP, LEFT CROSS AND UNWIND 1/2 TURN LEFT

1&	Touch right heel forward, step right slightly forward
2&	Rock left on ball of left, rock weight on to right foot
3&	Touch left heel forward, step left slightly forward
4&	Rock right on ball of right, rock weight on to left foot

5&6 Cross right behind left, step left to left side, step right to right side

7-8 Cross left behind right, unwind ½ turn left

STEP FORWARD RIGHT, HOLD, QUICK FULL TURN RIGHT, ROCK STEPS WITH 1/4 TURN LEFT, ARM MOVEMENTS

1-2	2	Step right	foot forward.	, hold f	or one count

On ball of right foot pivot ½ turn right stepping left foot back
On ball of left foot pivot ½ turn right stepping right foot forward
Rock forward on left foot, step right in place, turn left foot ¼ turn left

7 Touch right foot shoulder width apart from left foot

&8 (With fingers together) cross arms over chest, sharply drop arms to sides

HIP ROLLS TURNING WHOLE BODY 1/4 TURN RIGHT, BODY ROLL UP, CLAPS AND SLAPS

1-2	Roll hips to the right once while turning whole body and feet ¼ turn right. (right foot should end up in front of left)
3-4	Body roll upwards
5-6	Step left foot to left side, step right foot shoulder width apart from left
7&8	Clap hands together twice, slap hands on thighs

REPEAT