

Black & Blue

拍數: 64 牆數: 2 級數: Intermediate / Advanced
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - June 2012
音樂: Black & Blue - Paloma Faith : (Album: Fall to Grace - iTunes)



Starts on Vocal (8 Counts)

Side, Behind, 1/4 , Forward, Together, Back ,Together 1/2 ,Step 1/2 1/4 .

- 1-2& Step Left foot to Left side, cross step Right behind Left , make 1/4 turn to Left stepping forward on Left.
- 3&4 Step forward on Right, step Left next to Right, step back on Right.
- &5 Step Left next Right, make 1/2 turn to Right stepping forward on Right.
- 6&7 Step forward on Left, pivot 1/2 turn to Right, make 1/4 turn to Right stepping Left next to Right. (12:00)

Back, Lock, Rock, Walk, Walk, Cross, Side, Behind, Behind 1/4, Step, 1/2, 1/4, Cross.

- 8&1 Step back on Right, lock Left over Right, rock back on Right.
- 2-3 Walk forward on Left- Right.
- 4&5 Cross step Left over Right, step Right to Right side, cross step Left behind Right as you sweep Right out to side.
- 6&7 Cross step Right behind Left, make 1/4 turn to Left stepping forward on Left , step forward on Right.
- 8&1 Make 1/2 turn to Right stepping back on Left, make 1/4 turn to Right stepping Right to Right side, step Left forward & across Right. (7:30).

Back Rock Step, Cross 1/4 Back, Back Rock Step, 3/8, 1/4, Cross Side.

- 2&3 Back Rock on Right, recover on Left, Step forward on Right (Still diagonal).
- 4&5 Cross step Left over Right, make 1/4 turn to Left stepping back on Right, step back on Left (4:30)
- 6&7 Back rock on Right, recover on Left, Step forward on Right(still diagonal).
- &8&1 Make 3/8 turn to Right stepping back on Left, make 1/4 turn Right stepping Right to Right side, cross Left over Right, step Right to Right side. (12:00)

Back Rock Side, Back Rock Side, Behind 1/4 Step, 1/2.

- 2&3 Rock back on Left, recover on Right, step Left to Left side .
- 4&5 Rock back on Right, recover on Left, step Right to Right side.
- 6&7 Cross step Left behind Right, Make 1/4 turn to Right stepping forward on Right, step forward on Left.
- 8 Make sharp 1/2 pivot turn to Right (weight on Left) .

Rock & Step, 1/4 Rock & Step, Out Out , Ball Cross, Side Rock Cross.

- 1&2 Rock back on Right, recover on Left, rock back on Right (anchor step).
- 3&4 Make 1/4 turn to Left as you Rock back on Left, recover on Right, rock back on Left (anchor step).
- 5- 6&7 Step Right out to Right side, step Left out to Left side, step Right next to Left, cross step Left over Right .
- &8& Rock Right to Right side, recover on Left, cross step Right over Left

Side, Behind, 1/4 ,1/4 , Back Rock 1/4, 1/2, Step 1/2, 1/4 Sweep.

- 1 Step Left to Left side.
- 2&3 Cross step Right behind Left, make 1/4 turn to Left stepping forward on Left, make 1/4 turn to Left stepping Right to Right side.
- 4&5 Rock back on Left, recover on Right, make 1/4 turn to Right stepping back on Left.

6 Make 1/2 turn to Right stepping forward on Right .
7&8 Step forward on Left, pivot 1/2 turn to Right, make 1/4 turn to Right as you sweep and lift up with Left foot. **

Cross Shuffle, Sweep, Back Side Cross, Sweep, Back 1/2 Step 1/4 Cross.

1&2 Cross step Left over Right, step Right to Right side, cross step Left over Right.
3-4&5 Sweep cross step Right over Left. Step back on Left, step Right to Right side, cross step Left over Right.
6 Sweep cross step Right over Left.
7&8 Step back on Left, make 1/2 turn to Right stepping forward on Right, step forward on Left.
&1 Pivot 1/4 turn to Right, cross step Left over Right .

Forward Rock, Behind Side Cross, Forward Rock Behind 1/4.

2- 3 Rock forward diagonally on Right, recover back on Left
4&5 Cross step Right behind Left, step Left to Left side, cross Right over Left.
6-7 Rock forward diagonally on Left, recover on Right.
8& Cross step Left behind Right, make 1/4 turn to Right stepping forward on Right. (1) Left to Left side to start again)

**** Restart: Wall 3 After 48 Counts.**

Dance Up To & Including Count 8 Section 6 on Wall 3.. Then Restart Dance From Beginning
