

# 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**

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