

Blurred Lines

拍數: 32 牆數: 4 級數: High Novice
編舞者: Joachim Armbruster (DE) - July 2013
音樂: Blurred Lines (feat. T.I. & Pharrell) - Robin Thicke



[1-8] Cross, Side, Heel-Switches x 2

1, 2 Cross LF in front of RF (1), Step R to R (2)
&3&4& Cross LF behind RF (&), Touch R Heel FW (3), Step RF next to LF (&), Touch L Heel FW (4),
Step LF next to RF (&)
5, 6 Cross RF in front of LF (5), Step L to L (6)
&7&8& Cross RF behind LF (&), Touch L Heel FW (7), Step LF next to RF (&), Touch R Heel FW (8),
Step RF next to LF (&)

[9-16] Heel Grind 1/4 Turn, Coaster Step x 2

9, 10 Put L Heel FW and place weight onto it (9), 1/4 Turn L stepping RF slightly BW (10)
11&12 Step LF BW (11), Step RF next to LF (&), Step LF FW (12)
13, 14 Put R Heel FW and place weight onto it (13), 1/4 Turn R stepping LF slightly BW (14)
15&16 Step RF BW (15), Step LF next to RF (&), Step RF FW (16)

[17-25] Hip-Shake, Full Turn Left, Hip-Shake, 1 3/4 Turn Right

17-19 Step LF FW, Feet slightly apart and lower knees, start circling hip to L (17), Circle hip to R
(18), Circle Hip to L making sure all weight is on L (19)
20& Full Turn L stepping R (20) L (&) while traveling slightly FW (technically a Chainé Turn)
21-23 Step RF FW, Feet slightly apart and lower knees, start circling hip to R (21), Circle hip to L
(22), Circle Hip to R making sure all weight is on R (23)
24&25 Full Turn R stepping L (24) R (&) while traveling slightly FW (technically a Chainé Turn), Step
LF FW and make 3/4Turn R (a 3/4 spiral) weight ends on LF, RF crossed in front w/o weight
(25)

[26-32] Side Rock, Wave, 4 Walks

26, 27 Step RF to R (26), Recover weight onto LF (27)
28&29 Cross RF behind LF (28), Step LF to L (&), Cross RF in front of LF (29)
30, 31 1/4 Turn Left and walking two steps FW with L (30) R (31)
32& 1/8 Turn Left and stepping LF FW (32), 1/8 Turn Left and stepping RF next to LF (&)

Start again...

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