

Second Step Blues

拍數: 48 牆數: 4 級數: Absolute Beginner
編舞者: Lisa McCammon (USA) - August 2013
音樂: Dance Off My Blues - Dan Albro & Sons : (Single)



32 count intro; start weight on L

Note to instructors: this dance was written to teach simple rhythm/beat recognition and alternating weight changes. The pattern consists entirely of step, touches in various forms and is consistent throughout the 48 counts. To reinforce the rhythm when dancing, clap on each touch (even counts) until the last set if you use the optional arm/head styling.

[1-8] SIDE, TOUCH IN PLACE 4X

1-8 Step R to side, touch L home, step L to side, touch R home; repeat, ending wt L

[9-16] K STEP

1-4 Step R fwd to R diagonal, touch L home; step L back to original position, touch R home
5-8 Step R back to R diagonal, touch L home; step L fwd to original position, touch R home

[17-24] HALF K WITH A ¼ TURN RIGHT

1-2 Step R fwd to R diagonal, touch L home
3-4 Step L back to original position, touch R home (open body to R diagonal to prep turn)
5-8 Squaring to [3], step R to side, touch L home; step L to side, touch R home

[25-32] FORWARD STEP, TOUCH 4X

1-8 Step fwd R, touch L home, step fwd L, touch R home; repeat, ending wt L

[33-40] BACK STEP, TOUCH 4X

1-8 Step back R, touch L home, step back L, touch R home; repeat, ending wt L

[41-48] SIDE, BACK TOUCH IN PLACE 4X

1-8 Step R to side, touch L toes behind R; step L to side, touch R toes behind L; repeat
(Optional styling: swing arms to the R and look to the R when touching L toes back, and swing arms/look to the L when touching R toes back.)

Optional steps to finish facing the front

The dance ends after 16 counts of the last pattern, which begins facing [6]. Do the first set (step, touches in place), then modify the K step as follows:

1-2 Step fwd R, touch L home
3-4 Step back L, turning to [9], touch R
5-6 Turning to [12], step fwd R, touch L home
7-8 Step side L (7), touch R behind L (8). For styling, swing arms to L on count 8

A note about the music: Dan Albro wrote and recorded this cool song, AND choreographed an intermediate dance to it.

If you love the music and lyrics as much as I do and want something harder for more experienced students, look up (or resurrect!) Dance Off My Blues.

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