

Black and Blue

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Count: 96 **Wall:** 4 **Level:** Phrased Intermediate

Choreographer: Colleen Archer , Charters Towers, Queensland, Australia,

Music: "Black & Blue" - Guy Sebastian. Album: Black & Blue Single (iTunes)

Intro: 16 counts SP. Weight on R Intermediate Level Date: 28th December, 2015
"For...Jayne "

Track time: 3.39 mins, 4 wall, Phrased (A) 64 counts & (B) 32 counts BPM: 110 Version: 1

(A) - 64 counts

A1: ROCK FWD, REC, ½ TURN SHUFFLE, ½ PIVOT, OUT, OUT, BUMP

- 1, 2 Rock step L forward, Recover R
- 3 & 4 Turn ¼ & step L to left side, Step R beside L, Turn ¼ left & step L forward
- 5, 6 Step R forward, Turn ½ left taking weight onto L
- & 7, 8 Step R to right side, Step L to left side, Bump hips to right (weight on R) # (short 1) (12)

A2: SHUFFLE, CROSS ROCK, REC, ¾ TURN, ½ TURNING SHUFFLE

- 1 & 2 Step L to left, Step R beside L, Step L to left side
- 3, 4 Rock step R across L, Recover L
- 5, 6 Turn ¼ right & step R forward, Turn ½ right & step L back
- 7 & 8 Turn ¼ right & step R to right, Step L beside R, Turn ¼ right & step R forward (3)

A3: ROCK FWD, REC, BACK, DRAG, TOG & ¼ PADDLE, X-SHUFFLE

- 1, 2 Rock step L forward, Recover R
- 3, 4 Long step L back, Drag R to touch beside L
- & 5, 6 Step R beside L, Step L forward, Turn ¼ right taking weight onto R
- 7 & 8 Step L across R, Step R to right side, Step L across R (6)

A4: ROCK SIDE, REC, TOG, ROCK SIDE, REC, ROCK FWD, REC, BACK, LOCK, BACK

- 1, 2 & Rock step R to right side, Recover L, Step R beside L
- 3, 4 Rock step L to left side, Recover R
- 5, 6 Rock step L forward, Recover R

7 & 8 Step L back, Lock R across L, Step L back (6)

A5: ROCK BACK, REC, BUMP FWD BACK FWD, ¼ PADDLE, ACROSS, TOUCH

1, 2 Rock step R back, Recover L

3 & 4 Touch R toe forward 45° right & bump hips R L R ending weight on R ### (Restart)

5, 6 Step L forward, Turn ¼ right taking weight onto R

7, 8 Step L across R, Touch R toe to right side ## (short 2, step R to side) (9)

A6: ACROSS, BACK, MAMBO, ¼ PADDLE, X-SHUFFLE

1, 2 Step R across L, Step L back

3 & 4 Rock step R back, Recover L, Step R forward

5, 6 Step L forward, Turn ¼ right taking weight onto R

7 & 8 Step L across R, Step R to right side, Step L across R (12)

A7: ROCK FWD, REC, ½ TURN TRIPLE, FWD, ½ TURN, COASTER

1, 2 Rock step R forward to 45° right, Recover L

3 & 4 Turn ½ right stepping R L R on the spot

5, 6 Step L forward, Turn ½ left & step R back

7 & 8 Step L back, Step R beside L, Step L forward (still facing right diagonal) (1)

A8: ROCK SIDE, REC, SAILOR, TOUCH ACROSS, UNWIND, COASTER

1 2 Rock step R to right side, Recover L (add finish)

3 & 4 Step R behind L, Rock step L to left side, Recover R

5, 6 Touch L toe across R, Unwind 225 ° right keeping weight on L & pop R knee

7 & 8 Step R back, Step L beside R, Step R forward (9)

Begin again.....

SHORT WALL 1: # Wall 3...dance first 8 counts only and start wall 4 (PART B) facing 6 o'clock.

SHORT WALL 2: ## Wall 6 ...begins at 3 o'clock, dance first 39 counts, step R to right side and start wall 7 (PART B) facing 12 o'clock.

RESTART: ### Wall 8, dance first 36 counts and begin wall 9 facing 6 o'clock.

(B) - 32 counts

B1: ROCK FWD, REC, BUMP BACK FWD BACK, ROCK BACK, REC, BUMP FWD, BACK, FWD (6)

- 1, 2** Rock step L forward, Recover R
- 3 & 4** Touch L toe back 45° left & bump hips back, forward, back ending weight on L
- 5, 6** Rock step R back, Recover L
- 7 & 8** Touch R toe forward 45° right & bump hips forward, back, forward ending weight on R (12)

B2: ¼ PADDLE, ¼ PADDLE, X-SAMBA, ACROSS, POINT

- 9, 10** Step L forward, Turn ¼ right taking weight onto R
- 11, 12** Step L forward, Turn ¼ right taking weight onto R
- 13 & 14** Step L across R, Rock step R to right side, recover L
- 15, 16** Step R forward across L, Touch L to left side (6)

B3 AND B4: REPEAT COUNTS [1 - 16]

NOTE: (B) Wall 4 starts & finishes at 6 o'clock. (B) Wall 7 starts & finishes at 12 o'clock.

BOTH (B's) follow the short walls.

SEQUENCES: (A) 64 : 64 : 8 (short 1) (B) 32 (A) 64 : 40 (short 2) (B) 32 (A) 36 (restart) : 60

FINISH: Wall 9 ...dance first 58 counts, add right turning sailor to 12 o'clock

Sweep R & step behind L turning 135° right, Step L to left side, Long step R to right side, Drag L towards R

Dance may be copied and distributed provided original steps remain unchanged.

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