

# BLUE 4 YOU

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**Count:** 32      **Wall:** 4      **Level:** intermediate

**Choreographer:** Gloria Johnson

**Music:** Lonely & Blue by Ronnie Beard

## HEEL GRINDS, JAZZ BOX WITH ½ TURN

- 1            Cross-touch right heel over left foot with toe pointed left
- 2&          Grind heel so that right toe moves from left to right; step left foot slightly to left of right foot
- 3            Cross-touch right heel over left foot with toe pointed left
- 4&          Grind heel so that right toe moves from left to right; step left foot slightly to left of right
- 5-6        Cross-step right foot over left; step left foot back

**7-8(Turning ½ right on ball of left) step on right foot; step left foot beside right foot**

## HEEL GRINDS, JAZZ BOX WITH ¼ TURN

- 9            Cross-touch right heel over left foot with toe pointed left
- 10&        Grind heel so that right toe moves from left to right; step left foot slightly to left of right foot
- 11          Cross-touch right heel over left foot with toe pointed left
- 12&        Grind heel so that right toe moves from left to right; step left foot slightly to left of right
- 13-14     Cross-step right foot over left; step left foot back

**15-16(Turning ¼ right on ball of left) step on right foot; step left foot beside right foot**

## SHUFFLE FORWARD, ½ TURN, SHUFFLE BACK, ½ TURN, SHUFFLE FORWARD, KICK-BALL-TOUCH

- 17&        Step right foot forward; step left together
- 18&        Step right foot forward; turn ½ turn right on ball of left foot
- 19&        Step left foot back; step right together
- 20&        Step left foot back; turn ½ turn left on ball of left foot
- 21&22     Step right foot forward; step left together; step right foot forward
- 23&24     Kick left foot forward; step on ball of left; touch right foot to right side

## SYNCPATED TOE/HEEL TOUCHES

**25-26** Touch right heel forward; hold

**&27-28** Step on right foot; touch left heel forward; hold

**&29-30** Step on left foot; touch right toe to right side; hold

**&31-32** Step on right foot; touch left toe to left side; step left beside right

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=62709](https://www.linedance.com/index.php?f=dance_view&id=62709)