

Black and White

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Count: 48

Wall: 2

Level: Advanced NC2S

Choreographer: Dee Musk (UK) August 2016

Music: 'Black and White' by 'The Shires'. Album: Brave (Deluxe). 3 mins 41 secs. BPM 78 (Approx).

#8 Count Intro - Start on the word 'Two' as she sings 'You were given' - Approx 6 seconds

Track available from [iTunes.co.uk](https://www.apple.com/itunes)

Step Full Turn Right, Rock Recover, Back Touch, ¼ Twist Right, ¼ Twist Left Sweep, Cross Side.

- 1,2&** Step forward on R, make a full turn R stepping back on L, stepping forward on R.
- 3,4** Rock forward on L, recover weight to R.
- &5,6** Step back on L, touch R toe back, on balls of both feet twist a ¼ turn R.
- 7** On balls of both feet twist ¼ turn sweeping R to in front of L.
- 8&** Cross R over L, step L to L side. (12 o'clock).

Back Rock, ¼ Turn Left, Back Rock, Full Turn Right, Sweep, Cross Tap Sweep, Behind Side.

- 1,2&** Rock R behind L, recover weight to L, make a ¼ turn L stepping back on R.
- 3,4** Rock back on L, recover weight to R.
- &5** Make a ½ turn R stepping back on L, make a ½ turn R stepping forward on R sweeping L to in front of R.
- 6&7** Cross L over R, tap R toe behind L, replace weight to R and sweep L to behind R.
- 8&** Cross L behind R, step R to R side. (9 o'clock).

Cross Sweep, Cross, ¼ Turn Right, ¼ Turn Right, Cross, Sway, Sway, Side Drag, Ball Cross.

- 1,2** Cross L over R whilst sweeping R from behind to in front of L, cross R over L.
- 3,4&** Make a ¼ turn R stepping back on L, make a ¼ turn R stepping R to R side, cross L over R.
- 5,6** Step R to R side swaying R, sway L.
- 7,8&** Step R to R side dragging L to beside R, step L beside R, cross R over L. (3 o'clock).

¼ Turn R, Back Rock, Step ¾ Turn L, Behind ¼ Turn R, Step Pivot, Step.

- 1-3** Make a ¼ turn R stepping back on L, rock back on R, recover weight to L.
4&5 Step forward on R, make a ¾ turn L, step R to R side.
6& Cross step L behind R, make a ¼ turn R stepping forward on R (12 o'clock).
7,8& Step forward on L, make a ½ turn R, step forward on L. (6 o'clock).

****Restart here during wall 5 - Begin again facing 6 o'clock wall**.**

Step Sweep, Cross, ¼ Turn L, Cross, ½ Turn R, Cross, ¾ Turn L, Step Pivot L.

- 1,2&3** Step forward on R whilst sweeping L to in front of R, cross L over R, make a ¼ turn L stepping back on R, step L to L side.
4&5 Cross R over L, make a ¼ turn R stepping back on L, make a ¼ turn R stepping L to L side.
6&7 Cross L over R, make a ¼ turn L stepping back on R, make a ½ turn L stepping forward on L.
8& Step forward on R, make a ½ turn L (weight forward on L). (6 o'clock).

****Restart from here during wall 2 - Begin again facing 12 o'clock wall**.**

****Restart from here during wall 4 - Begin again facing 12 o'clock wall**.**

½ Turn L Sweep, Behind, Side, Cross Rock Recover, Side, Step Full Spiral Turn Left, Step, Step ½ Turn Left.

- 1** Make a ½ turn L stepping back on R whilst sweeping L to behind R.
2& Cross step L behind R, step R to R side.
3,4& Cross rock L over R, recover weight to R, step L to L side.
5,6 Step forward on R, make a full spiral turn L ending with L hooked in front of R.
7 Step forward on L.
8& Step forward on R, make a ½ turn L (weight ending on L). (6 o'clock).

Enjoy

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