

Black and Blue



Suggested Music: "Black & Blue" **Artist:** Guy Sebastian

Album: Black & Blue Single (available from iTunes)

Choreographer: Colleen Archer, Charters Towers, Queensland, Australia, 0747872467

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

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- (A) 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)
- 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)
- 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)
- 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)
- 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)
- 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)
- 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)
- 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.

Continued.....

(B)

**ROCK FWD, REC, BUMP BACK FWD BACK,
ROCK BACK, REC, BUMP FWD, BACK, FWD**

- 1, 2 Rock step L forward, Recover R (6)
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)

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)

⇒⇒⇒⇒ **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.