

# Black & Blue



**Count:** 104    **Wall:** 2    **Level:** Phrased Advanced Pop

**Choreographer:** Simon Ward, Australia - Feb 2016

**Music:** Black & Blue, By Guy Sebastian. Album: Black & Blue Single - iTunes

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**\*\* Chroeographed for Strictly 11 – 2016 \*\***

**Sequence: A, A, B, A, A from Count 33, B, A with Restart after Count 36, A**

**Notes: On the 4th time you do Part A, you start from Count 33. Step directly forward on the left on count 33.**

**On the 5th time you do Part A, you Restart after count 36, see below for step substitute 'Cross Chasse' also known as 'Cross shuffle'**

## **Part A: 64 counts**

**[1-7] Cross/hop L with sweep, R fwd at diagonal, ½ turn R stepping L back, R cross shuffle back, Rock L back, Recover R**

- 1-2            Cross/hop left over right sweeping right forward 12.00 , Step right forward at left diagonal 10.30
- 3             Turn ½ turn right stepping left back 4.30
- 4&5          Step right back, Cross/step left over right, Step right back 4.30
- 6-7          Rock/step left back, Recover weight onto right 4.30

**[8-16] L Triple step, R fwd. Shuffle L fwd, R fwd, ¼ Pivot R hitch L, Cross/step L, ¾ turn L**

- 8&1           Rock/step left slightly forward, Recover weight back on right, Recover weight forward on left 4.30 (on the spot, use hips)
- 2             Step right forward 4.30
- 3&4          Step left forward, Step right beside left, Step left forward 4.30
- 5-6          Step right forward, Pivot ¼ turn right on right slightly hitching left 7.30
- 7-8&         Cross/step left over right 7.30, Turn ¼ turn left stepping right back 4.30, Turn a further ½ turn left stepping left forward 10.30

**[17-24] Walk R fwd, Walk L fwd, R vaudeville, R beside L, Cross/step L, ¼ turn L, Further ½ turn L shuffling L fwd**

- 1-2           Step right slightly forward, Step left forward 10.30
- 3&4          Cross/step right over left turning to 12.00, Step left slightly to left side, Touch right heel at right diagonal 12.00
- 8&5-6        Step right beside left, Cross/step left over right, Turn ¼ turn left stepping right back 9.00
- 7&8          Turning a further ½ turn left stepping left forward 3.00, Step right beside left, step left slightly forward

**[25-32] R mambo, L coaster step cross, R side dragging left, Hold continue L drag, L beside R, R cross chasse**

- 1&2           Rock step right forward, recover weight onto left, Step right slightly back 3.00

- 3&4 Step left back, Step right beside left, Cross/step left over right 3.00
- 5-6 Large step right to right dragging left towards right, Hold and continue dragging left towards right 3.00
- &7&8 Step onto left, Cross/step right over left, Step left slightly to left side, Cross/step right over left 3.00

**[33-40] ¼ turn L, ½ turn L sweeping right, Weave L, R fwd & touch L toe, Hop L back with R sweep, Weave right turning 1/8 L**

- 1-2 Turn ¼ turn left stepping left slightly forward 12.00, Turn a further ½ turn left stepping right back and sweeping left back 6.00
- 3&4 Step left behind right, Step right slightly to right, Cross/step left over right 6.00
- &5-6 Step right slightly forward, Touch left toe behind right, Hop left slightly back sweeping right back 6.00
- 7&8 Step right behind left, Step left to left turning 1/8 turn left 4.30, Step right forward

**[41-48] L fwd, R back turning 1/8 L, Further 3/8 turn L & shuffle L fwd, R samba ¼ turn R, L samba 3/8 turn R**

- 1-2 Step left forward 4.30, Turn 1/8 turn left stepping right back 3.00
- 3&4 Turn a further 3/8 turn left stepping left forward 10.30, Step right beside left, Step left slightly forward 10.30
- 5&6 Cross/step right over left, Step left slightly to left side, Recover weight onto right turning ¼ turn right 1.30
- 7&8 Cross/step left over right, Step right slightly to right, Recover weight onto left turning 3/8 turn left 9.00

**[49-56] Rock R fwd, Recover L sweeping R, Weave L, Rock L to L, Recover R turning ¼ R, L beside R turning full turn right sweeping R**

- 1-2 Rock/step right directly in front of left, Recover weight back on left sweeping right back 9.00
- 3&4 Step right behind left, Step left to left side, Cross/step right over left 9.00
- 5-6 Rock/step left to left side, Recover weight onto right turning ¼ turn right 12.00
- 7-8 Step left beside right turning a full turn right on left sweeping right back, Continue full turn right sweeping right back 12.00

**[57-64] Rock R back, Recover L, Shuffle R fwd, L Mambo, Touch R back, Pivot back ½ turn R**

- 1-2 Rock/step right back, Recover weight onto left 12.00
- 3&4 Step right forward, Step left beside right, Step right forward 12.00
- 5&6 Rock/step left forward, Recover weight onto right, Step left back 12.00
- 7-8 Touch right toe back, Pivot back ½ turn right taking weight onto right 6.00

**Part B: 40 counts - (To make it easier I have made the directions from 12.00 as you are facing the front wall the 1st time you do Part B)**

**[1-8] L fwd, Pivot ¼ R, Cross/step L, ¼ turn L, L back extending L arm, ½ turn L extending L arm up and around**

- 1-4 Step left forward 12.00, Pivot ¼ turn right taking weight onto right 3.00, Cross/step left over right, Turn ¼ turn left stepping right back 12.00
- 5-8 Step left back extending left arm forward, Turn ½ turn left as you extend left arm up &

around on counts 6-8

**(finish weight back on right) 6.00**

**[9-16] Samba Diamond turning left**

- 1&2 Cross/step left over right, Turn 1/8 turn left stepping right back 4.30, Step left back hitch right knee 4.30
- 3&4 Step right behind left turning 1/8 turn left 3.00, Turn a further 1/8 turn left stepping left forward 1.30, Step right forward hitching left 1.30
- 5&6 Cross/step left over right turning 1/8 turn left 12.00, Turn 1/8 turn left stepping right back 10.30, Step left back hitch right knee 10.30
- 7&8 Step right behind left turning 1/8 turn left 9.00, Turn a further 1/8 turn left stepping left forward 7.30, Step right forward hitching left 7.30

**[17-24] L vaudeville, R vaudeville, L cross chasse, ½ turn R, R cross chasse**

- 1&2& Cross/step left over right turning 1/8 turn left 6.00, Step right to right, Touch left heel at left diagonal, Step left beside right 6.00
- 3&4& Cross/step right over left, Step left to left, Touch right heel at right diagonal, Step right beside left 6.00
- 5&6& Cross/step left over right, step right slightly to right, Cross/step left over right, Turn ½ turn right on left 12.00
- 7&8 Cross/step right over left, Step left slightly to left, Cross/step right over left 12.00

**[25-40] Samba Diamond turning left, L vaudeville, R vaudeville, L cross chasse, ½ turn R, R cross chasse**

- 1-16 Repeat counts 9-24 (opposite clock directions, finish facing 6.00)

**Note: On the 5th time you do Part A, you restart after count 36 facing the back wall.**

**Substitute counts 35-36 with:**

- 35-36 Step left behind right, Step right to right side (hit the beats of the music)

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