

Back And I'm Blue

40 count, 4 wall, improver level

Choreographer: Lois Lightfoot (UK) July 2007
Choreographed to: He's Back And I'm Blue by Glenn
Rogers, Hit The Floor 6 or Desert Rose Band

16 count intro

Sec 1 Right out, in, out, Step behind, Left side, Right Cross rock step, Left over, right side.

1&2 Touch right foot out to side, Touch left next to right, Touch right out to side.

3-4 Step right foot behind left, Step left foot to left side.

5&6 Cross rock right foot over left foot, Recover weight onto left, Step right to side.

7-8 Cross left foot over right foot, Step right foot to side.

Sec 2 Sailors step ¼ turn left, Right pivot ½ turn left, Right & left cross rock step forward.

9&10 Step left foot behind right making ¼ turn to left, Step right to side, Step left to right.

11-12 Step right foot forward, Pivot ½ turn to left.

13&14 Cross rock right over left, Recover onto left foot, Step right foot forward.

15&16 Cross rock left over right, Recover onto right foot, Step left foot forward.

Sec 3 Rock forward, Recover, Shuffle ½ turn right, Rock recover, Coaster Step.

17-18 Rock forward onto right foot, Recover weight onto left foot,

19&20 Step right back making ½ turn right, Step left to right, Step right forward.

21-22 Rock forward onto left foot, Recover weight onto right foot.

23&24 Step left foot back, Step right next to left, Step left foot forward.

Sec 4 Walk right, left, Mambo forward, Walk back Left, Right, Mambo Back.

25-26 Step right foot forward, Step left foot forward.

27&28 Rock forward onto right foot, Recover onto left, Step right foot back.

29-30 Step left foot back, step right foot Back.

31&32 Rock back onto left, Recover onto right foot, Step left foot forward.

Restart point

Sec 5 Rock forward, Rock back, Step pivot ½ turn Step pivot ½ turn.

33-34 Rock forward onto right foot, Recover onto left foot.

35-36 Rock back onto right foot, Recover weight onto left foot.

37-38 Step right foot forward, Pivot ½ turn to left.

39-40 Step right foot forward, Pivot ½ turn to left.

RESTART:To keep the dance phrased to the music you need to RESTART after step 32 on walls 3-5-6, they are very easy restart to spot.

Music download available from iTunes