



Approved by:



Black And Gold

4 WALL - 64 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 & 1 2 - 3 4 & 5 - 6 7 - 8 (Option) & 5 6 7 - 8	Jazz Jump, Heel Split, Kick, Ball Cross Side, Cross Side (with heel grind/dip) Step right forward. Step left beside right, feet few inches apart. Split heels apart. Bring heels back in to centre (weight on right). Kick left small kick to left diagonal. Step left in place. Cross right over left. Step left to left side. Cross right over left. Step left to left side. (12:00) (Replace counts & 5 - 8 with:) Step left in place. Cross right over left, weight on right heel, right toes up, both knees bent slightly. Step left to left side grinding right heel, straighten knees, weight ending on left. Repeat count 5 - 6.	Jump Step Heel Split Kick Ball Cross Side Cross Side	Forward On the spot Left
Section 2 1 - 2 3 - 4 5 - 6 7 - 8	Side Rock, Back Sweep, Behind, 1/4 Turn, Step 1/4 Pivot Rock right to right side. Recover onto left. Step right back behind left. Sweep left out to left side. Step left back behind right. Making 1/4 turn right step right forward. Step left forward. Make 1/4 turn right (weight staying on left). (6:00)	Right Rock Back Sweep Back Turn Step Turn	On the spot Back Turning right
Section 3 1 - 2 3 - 4 5 - 6 7 - 8	Jazz Box 1/4 Turn, Right Kick Cross, Left Kick, Step Behind Cross right over left. Make 1/4 turn right stepping left back. Step right beside left. Step left slightly forward. Kick right forward to right diagonal. Cross right over left. Kick left small kick to left diagonal. Cross left behind right. (9:00)	Cross Turn Together Step Kick Cross Kick Behind	Turning right Forward Left Right
Section 4 1 - 3 4 5 6 7 - 8 Option	Back Rock, Step, 1/2 Turn, Knee Pops (with shoulders) Rock back on right. Recover onto left. Step right forward. Spin 1/2 turn right stepping left back, lifting right heel, right knee slightly bent. Step down on right, lifting left heel and bending left knee slightly. Step down on left, lifting right heel and bending right knee slightly. Repeat counts 5 - 6. (3:00) On knee pops, bounce shoulders in time with your knees, right with right etc.	Back Rock Step Step Spin Knee Pop Knee Pop Knee Pops	Forward Turning right On the spot
Section 5 1 - 2 3 - 4 5 - 6 7 - 8	Reverse 1/2 Turn, Step 1/2 Pivot, Side Rock, Cross, Hold Touch right toe back. Make 1/2 turn right (weight on right). Step left forward. Pivot 1/2 turn right. Rock left out to left side. Recover onto right. Cross left over right. Hold. (3:00)	Touch Turn Step Turn Left Rock Cross Hold	Turning right On the spot Right
Section 6 1 & 2 & 3 & 4 5 & 6 7 - 8	Toe & Toe & Heel & Touch, Kick Ball Change, Kick, Step Down Touch right toe out to right side. Step right beside left. Touch left toe out to left side. Step left beside right. Dig right heel forward. Step right beside left. Touch left toe back. Kick left forward. Step left beside right. Step onto right in place. Kick left forward. Step left beside right.	Touch & Touch & Heel & Touch Kick Ball Change Kick Together	On the spot
Section 7 1 - 2 3 - 4 5 - 6 7 - 8	Side Rock, Cross, Side Rock, Cross, Side, Step Back Rock right out to right side. Recover onto left. Cross right over left. Rock left out to left side. Recover onto right. Cross left over right. Step right to right side. Step left small step back.	Right Rock Cross Rock Recover Cross Side Back	On the spot Left Right
Section 8 1 2 - 4 5 - 6 7 - 8	Step, Bounce 1/2 Turn, Step 1/2 Pivot (x 2) Step right forward. Make 1/2 turn left doing 3 heel bounces (3 counts) weight ending on left. Step right forward. Pivot 1/2 turn left. Step right forward. Pivot 1/2 turn left. (9:00)	Step Heel Bounce Turn Step Pivot Step Pivot	Forward Turning left
Ending	Wall 7 (facing 9:00), section 4 knee pops - one count of music left: Twist 1/4 turn right to face front, ending with legs crossed.		

Choreographed by: Vera Fisher & Teresa Lawrence (UK) April 2008

Choreographed to: 'Black And Gold' (Radio Edit) by Sam Sparro (137 bpm) CD Single;

also available from iTunes or tescodigital (48 count intro)



A video clip of this dance is available at www.linedancermagazine.com