

Black And Gold

32 Count, 2 Wall, Intermediate

Choreographer: James Ford (UK) July 2009

Choreographed to: 1-800 Used To Be by

Lorrie Morgan, CD: War Paint

Start dancing on lyrics

STOMP HOLD COASTER STEP, STEP

- 1-2 Stomp right, hold
- 3-4 Stomp left, hold
- 5-6-7 Step right back, step left back, step right forward
- 8 Step left forward

ROCK & CROSS JAZZ BOX ¼

- 1&2 Rock right to side, recover to left, cross right over left
- 3&4 Rock left to side, recover to right, cross left over right
- 5-6 Cross right over left, step left back
- 7-8 Step right to side, turn ¼ right and step left together

EXTENDED VINE ROCK

- 1-2 Step right to side, cross left behind right
- 3-4 Step right to side, cross left over right
- 5-6 Step right to side, cross left behind right
- 7-8 Rock right to side, recover to left

CROSS SHUFFLE BACK, BACK CROSS SHUFFLE WALK

- 1&2 Cross right over left, step left to side, cross right over left
- 3& Step left back, step right to side
- 4&5 Cross left over right, step right to side, cross left over right
- 6-7 Step right forward, step left forward
- &8 Step right forward, step left forward