

ABlast

24 Count, 2 Wall, Absolute Beginner

Choreographer: Ross Brown (UK) Dec 2014

Choreographed to: Last Call by The Bello Boys feat. Kat DeLuna (128 bpm), Last Call – EP [Length – 3:04]

The dance can be pronounced as “A Blast” or “A B Last”
16 counts (approx 8 secs)

VINE LEFT with TOUCH. VINE RIGHT with TOUCH.

- 1 – 2 Step left to the left, cross step right behind left.
- 3 – 4 Step left to the left, touch right next to left.
- 5 – 6 Step right to the right, cross step left behind right.
- 7 – 8 Step right to the right, touch left next to right.

Alternative: Beginner and Improver dancers may want to change Counts 5 – 8 to a ROLLING VINE FULL TURN RIGHT.

SIDE, TOUCH. HEEL TWIST ¼ TURN R, KICK. SLOW COASTER STEP. KICK.

- 1 – 2 Step left to the left, touch right next to left.
- 3 – 4 Make a ¼ turn right twisting both heels to the left, kick right foot forward.
- 5–6–7 Step back with right, step left next to right, step forward with right.
- 8 Kick left foot forward. (3:00)

Arms / Hands : On Count 4, you can push both hands into the air.

WALK BACK. HITCH. WALK FORWARD. SCUFF ¼ TURN R.

- 1–2–3 Walk back; left, right, left.
- 4 Hitch right knee up.
- 5–6 7 Walk forward; right, left, right.
- 8 Make a ¼ turn right scuffing left foot forward. (6:00)

END OF DANCE! ☺