

Blown It Again

Phrased, intermediate level

Choreographer: LA Dance Culture (Lee Fowler and Andrew Hayes) (Wales) July 2004

Choreographed to: Blown It Again by Daniel Bedingfield (Gotta Get Thru This Album)

Start: 16 counts after first vocals.

Sequence: A.B.B.A.A.B.B.A.A(first 12 counts).B.B.A till music ends.

Section A

1-8 RIGHT KICK BALL POINT. LEFT KICK BALL POINT. RIGHT SAILOR. LEFT SAILOR

1&2 kick right forward, step right beside left, point left to left side.

3&4 kick left forward, step left beside right, point right to right side.

5&6 cross right behind left, step left to left side, step right to right side.

7&8 cross left behind right, step right to right side, step left to left side.

9-16 CROSS UNWIND. STEP SLIDE LEFT. STEP SLIDE RIGHT. STEP BACK. TOUCH.

1-2 cross right behind left. Unwind a full turn right. (finish with weight on right leg)

3-4 step left to left side. Slide right foot up to left.

5-6 step right to right side. Slide left foot up to right

7-8 step back on to left. Touch right next to left. (feet should finish shoulder width apart.)

Section B

1-8 POP IN.POP OUT.TWIST ¼ . TWIST ½.TAP TAP. KICK FORWARD. TOUCH BACK.

1-2 pop right knee inwards. Pop right knee outwards.

3-4 on balls of the feet, twist heels and body ¼ turn left. Twist ½ turn right.(move weight to left foot as you turn)

5-6 tap right toe in front twice.

7-8 kick right foot forward. Touch right toe back.

9-16 RIGHT SHUFFLE FORWARD. ROCK LEFT FORWARD & BACK. ½ TURN LEFT. LEFT SHUFFLE FORWARD.STEP FORWARD RIGHT, PIVOT ½ TURN LEFT.

1&2 step right forward. Close left beside right. Step forward right.

3-4 rock forward onto left. Rock back on to right.

5&6 turn ½ left into a left shuffle forward. (step left forward. Close right beside left. Step forward left)

7-8 step forward right. pivot ½ turn left.

17-24 WALK RIGHT. WALK LEFT. RIGHT COASTER STEP.BOUNCE x 4 (1/2 turn left)

1-2 walk forward right . walk forward left.

3&4 step right foot back. Step left beside right. Step forward right.

5-6 bounce heels twice with ¼ turn left.

7-8 bounce heels twice with ¼ turn left.

25-32 RIGHT ROCK AND CROSS. LEFT ROCK AND CROSS. POINT RIGHT. CROSS RIGHT BEHIND UNWIND ¾. STEP BACK TOUCH.

1&2 rock right to right side. Rock back onto left. Cross right over left.

3&4 rock left to left side. Rock back onto right. Cross left over right.

5-6 point right to right side. Cross right behind left. Unwind ¾ turn

7-8 step back onto left foot. Touch right next to left (feet should finish shoulder width apart.)

THE END, SO START AGAIN AND HAVE SOME FUN !!!!!