

Dance Off My Blues

48 Count, 4 Wall, Improver

Choreographer: Dan Albro (USA) March 2009

Choreographed to: Dance Off My Blues by Dan Albro,
(iTunes)

Start dancing on lyrics

1 SHUFFLE SIDE, ROCK, STEP, SWAY, SWAY, TOUCH, KICK

1&2-3-4 Step right side, step left together, step right side, cross/rock left behind, recover to right

5-6-7-8 Step left side and hip left, hip right, touch left toe diagonally forward, kick left forward

2 & JAZZ ¼ KICK, & JAZZ ¼ KICK

&1-2-3-4 Step left back, cross right over, step left back, turn ¼ right and step right forward, kick left forward

&5-6-7-8 Step left back, cross right over, step left back, turn ¼ right and step right forward, kick left forward

3 & WALK, WALK, SHUFFLE, ROCK, STEP, ½ TURN SHUFFLE

&1-2-3&4 Step left together, step right forward, step left forward, step right forward, step left together,
step right forward

5-6-7&8 Rock left forward, recover to right, turn ¼ left and step left side, step right together,
turn ¼ left and step left forward

4 ½ TURNING SHUFFLE, OUT, OUT, CLAP, HIP BUMPS

1&2&3 Turn ¼ left and step right side, step left together, turn ¼ left and step right back,
step left side, step right side

4-5-6-7-8 Clap, hip left, left, left, left

5 ¼ TURN, STEP, ½ PIVOT, WALK, WALK, WALK, ANCHOR TRIPLE

1-2-3-4 Turn ¼ right and step right forward, step left forward, turn ½ right (weight on right), step left forward

5-6-7&8 Step right forward, step left forward (angle body right), cross right behind, step left forward,
step right back

6 JUMP BACK, CLAP, JUMP BACK, CLAP, SWAY LEFT, RIGHT, LEFT, DRAG TOUCH RIGHT

&1-2 Step left side and slightly back, step right side, clap

&3-4 Repeat &1-2

5-6-7-8 Sway left, sway right, sway left, drag right toe together