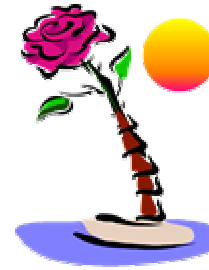


Ballroom Blitz

Music: Sweet
 CD: Party Rock Vol.2
 Choreo: Josh King
 adapted by Bernd Flühr (berndfluehr@web.de)
 taught at Ü45 2019 in Bingen



Intermediate
 3:58
 109 BPM

Sequence: **Intro A B C D Intro A B C D Br.1 C D Br.2 Intro A**

Wait 36 beats

Intro:

4x Stamp & Jog DS(1/4L) STA(if) (p) BA BA BA UP/SL **turn 1/4 L each on DS**
 L R R L R R L L L R
 &1 & 2 & 3 & 4

Part A:

Short Lucy DS BR UP/H T(xif) H TCH(ib) H **turn 1/4 L**
 (Lucy Brushover) L R R L R R L R
 &1 & 2 & 3 & 4

Fancy Run DS DS(xif) BA(ots) BA(xib) BA(ots) S
 (Twisty Four) L R L R L R
 &1 &2 & 3 & 4

Long Soccer DS DT UP/H DS DT UP/H DS DT UP/H DS RS **turn 1/4 L**
 (2 Lori Step and Lori Basic) L R R L R L L R L R R L R LR **on beat 1-2 and**
 &1 & 2 &3 & 4 &5 & 6 &7 &8 **1/4 L on beat 3-4**

Repeat all above

Part B:

Joey DS BA(xib) BA(ots) BA(ots) BA(xib) BA(ots) S **move fwd**
 L R L R L R L
 &1 & 2 & 3 & 4

Triple DS DS DS RS **move bw**
 R L R LR
 &1 &2 &3 &4

Repeat all above

Part C:

Air Guitar Strum your Air Guitar 4 counts!
 (Backwards strum with R arm 2 times and pull arm down on 4)

3 Stomp Double STO DS DS RS **move fwd**
 L R L RL **clap over your head**
 R L R LR **on 2nd and 3rd STO**
 1 &2 &3 &4

2 Boogie Basic DS R(xib) S **move bw**

Triple DS DS DS RS **full turn R**

Ballroom Blitz

Sequence: **Intro A B C D Intro A B C D Br.1 C D Br.2 Intro A**

Part D: (TW = Twist)

2 Catawba Twist DT TW(L) BO(L) TW(R) BO(R) TW(L) TW(R) TW(L) **do all**
 L both both both both both both both **twists**
 & 1 & 2 & 3 & 4 **bouncing**

(P) BO/H(if) BO/H(if) UP/SL DS RS
 L R L R R L R LR
 & 5 & 6 &7 &8

2 Boogie Clap S(ots) clap S(tg) clap S(ots) clap TCH **move L**
 L R L R **move R**
 R L R L
 1 & 2 & 3 & 4

2 Kick Charleston DS KK/DR SL T(ib) H RS
 L R L L R R LR
 &1 & 2 & 3 &4

Break 1: (SW = Swivel = Twist turning on heels)

Heel Swivel DT TW(L) SW(L) TW(L) SW(L) TW(L) SW(L) UP/SL **moving L**
 L both both both both both both R L
 & 1 & 2 & 3 & 4

Push Off DS RS RS RS
 (Chain) R LR LR LR **turn 1/4 L on DS, move R on RSs**
 &1 &2 &3 &4

Repeat all above

2 Basic DS RS **turn 1/4 L each and move fwd**

Break 2:

4 Twist Split DT TW(L) (p) TW(R) (p) TW(L) BO/H(if) UP/SL
 (4 Triple L both both both R L L R
 Twist Dig) & 1 & 2 & 3 & 4