

ADVANCED TWO MODERN BLUES AMALGAMATION

12 BAR PHRASE, WITH 16 COUNT INTRO

Ike and Tina Turner 'Three O'clock in the Morning'
Compilation CD 'Mississippi Blues'

Commence RDB

Standing on the L in jazz tendu but with the R foot pointed. The head is turned to the L, eye line down. L arm is bent with the elbow pointing fwd and up, the fingers hanging down by the L shoulder.

&&&a Wait

1 Throw and retract the L arm out to side opp and the R leg to a high side inverted flick kick, stretch the supporting leg and then re fondu. Eye line front

& Step across

2 Step to the side and turn to R with the R leg extended in front, throwing body and head to R

3 Continuing to turn, step on the R to the LDF, L leg in ll second, the body remains over to the R, finish facing the RDB

4 Step fwd L turned out to the RDF, throwing the upper body fwd

+a5 P d b as if body is being pulled, the last step of the pdb is a pose on the d.p facing LDF with a big contraction and a sharp head turn to LDF. L foot is dragged along floor, pointed with the knee bent, the L elbow also accents forward

6 Fall down to L hand then knee as far forward as possible, eye line down

7 Heavily lift and replace the L hand further fwd to LDF

8 Inward circle R arm, reaching as far forward as possible, stretching the legs and feet. Arching upper back, eye line to LDF high

1 Sit down on floor, completing the arm circle to swing body and head US, knees bent and tipped US, feet pointed

2 Accent head to front, to finish with the R arm resting on the side of L knee, maintaining leg position, body facing to RDB weight on L hand which is towards LDF

3 Head swings down, turning to face the front, placing R knee and hand on floor, swing L leg around on floor in attitude

4 Step L foot to the RDF on the d.p. and place the L hand on the floor, lift up the body with accent, leaving both legs bent and weight on the hands, eye remains down, fingers point to the LDF

5 Step on R foot and start to unfold the spine

6 Step forward with the L, continue to roll up while...

&&&& throwing arms up with the upper body reacting, eye line high

7+a Step b.c. back ft to R side, dropping body and arms down

8+a Low step turn step to LDF to finish centre

1,2,3 Walk R L R straight fwd or around in a circle to the left

4+a 3 inward frontal circles R L R, letting the body be pulled forward, each circle coming lower and pulling the body lower, legs in jazz tendu

5 Kick L leg to LDF with hip extension on a rise, leg inverted and to second with the body tipped well forward towards the RDF, Arms hanging down with R arm lower than L arm, eyeline out to RDF

6 Drag pounce to LDF, ending L hand on the floor, R arm bent up to R shoulder, elbow and eye line down

7,8 Inward frontal circle with R arm, stretching both legs keeping R foot pointed and taking upper body down and recover placing R hand on floor and then sliding hands to R

& Jump, stretching the legs, feet together, bottom high and body down, hands on the floor, travelling to RDF

2 3 Land in the same crouch and roll to RDF, standing up on R leg facing RDF, natural turnout, letting the arms swing slightly forward

4 Big step back left with a straight leg, natural turnout, swinging into L hip, arms swing back, R leg straight with ankle flexed, eyeline front

5 Turn R foot in and rock fwd and into R hip, arms swing fwd, turning to face LDF continue pushing into R hip letting L leg lift to second ll

6&a Letting L leg swing around to the back and bending through attitude, P.d.b sideways to the RDF, taking the last step forward to the RDF. On the ‘&’ accent the L arm forward to the RDF starting an outward frontal circle, with the heel of the hand leading

7 ½ a turn to L to face LDB R leg drags on floor at back ll, both legs bent, L arm continues to circle, lifting R arm forward both wrists flexed, fingers pointed down and palms out to end in opposition with body turn at shoulder level, with a high release

8+a1 Run fwd to LDB, maintaining body and arms

2 Dragging R foot along the ground, step into a deep jazz 4th maintaining body and arm line.

3&4 Stagger around in a p.d.b to L, ending with the R arm leaning on the outside of the L leg, palm out and the L arm vertical, the body is over the L leg, head down

56 Step to R and start to body ripple into a horizontal circle with the arms and body to the R, the L leg takes an inward frontal round kick, starting inverted and ending turned out, with the body and arms ending ll with it

7 Step forward turned out to RDF dropping body over

8&a 3 runs upstage turning by R

1 Pose forward on the d.p. Body contracts with accent, R foot swung fwd low with a flexed foot

2+a Turning by the R, step to the front and two hops, unelevated letting L leg swing around low to finish to RDF, inward horizontal circle L arm, throwing head and upper body to the R

3+a Step L to LDB, 2 hops unelevated with R leg in ll attitude in second and on the floor, twist body to dancers L

4+a5 Step turn step turn low level, hop with fouette action of legs (with or without turn) arms open to 2nd

6 Land down on L foot and R shin (slightly open to RDF), hands on floor, upper body forward

7 Heavily lift + replace hands on floor further fwd.
 & Inward lateral circle L arm, open L knee and left side of body
 1 Roll on hips to R
 234 Stand up and walk forward RLR
 &5 Outwards pirouette low level, 2nd turn with side bend to L and R arm in jazz 1st, eye line down left
 &6 2 runs forward, making a ¼ turn on 2nd step to face RDF, contract, dragging L foot in ll attitude on a fondu, accent L elbow forward
 7 Step L to RDF turned out
 & Rise, joining R foot flexed to L in classical 1st, R hand splayed arm straight and down, whole body slightly turned to the front
 8 Lift R leg fwd low, maintaining flexion and turnout, lift R arm up diagonally high to RDF, leading with the R side and hip extension, eye line lifted to hand
 &a1 3 runs to end in a penchee, look down to splayed hand
 2 Step back turned out, on fondu, R foot flexed on floor, R arm unfolds up body to reach up the same diagonal as the body, eye line down left
 3 Close R to L
 4 Rpt count 1 of intro
 &5 Rpt count 2 of intro
 6 Rpt count 3 of intro
 7&a 3 runs to RDF, L,R,L, dragging the last foot along the ground, finish facing the front
 8 Circle both arms inwards with high release to finish in ll high
 && Step into Jazz tendu, drop arms down in front of body in two stages, finishing with R forearm across R knee, L arm hanging down, palm to side

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