

# BALLROOM BLITZ

**LEVEL:** Easy Intermediate  
**MUSIC:** Ballroom Blitz by Sweet  
**CHOREO:** Josh "Clogdog" King [www.theclogdog.com](http://www.theclogdog.com)  
**WAIT:** 36 beats – LEFT FOOT LEAD  
**SEQUENCE:** Intro-A-B-C-D-Intro-A-B-C-D-Break-C-D-Break2-Intro-A-Intro

Beat	Movement	Beat	Movement	Beat	Movement
<b>INTRO</b> (16 beats)		<b>INTRO</b> (16 beats)		<b>BREAK</b> (36 beats)	
16	4 Stamp & Jog 1/4 L ea	16	4 Stamp & Jog 1/4 L ea	4	Twist Chain <b>Move L</b>
<b>PART A</b> (32 beats)		<b>PART A</b> (32 beats)		4	Chain Rock <b>1/4L/Move R</b>
4	Brush Over	4	Brush Over	4	Twist Chain <b>Move L</b>
4	Twisty 4	4	Twisty 4	4	Chain Rock <b>1/4L/Move R</b>
4	2 Lauries	4	2 Lauries	4	2 Basics <b>1/2 L</b>
4	1 Laurie Basic	4	1 Laurie Basic	<b>PART C</b> (24 Beats)	
4	Brush Over	4	Brush Over	4	Air Guitar!
4	Twisty 4	4	Twisty 4	12	3 Stomp Dbls <b>Fwd</b>
4	2 Lauries	4	2 Lauries	4	2 Basics <b>Back</b>
4	1 Laurie Basic	4	1 Laurie Basic	4	Triple <b>Back</b>
<b>PART B</b> (16 beats)		<b>PART B</b> (16 beats)		<b>PART D</b> (32 beats)	
4	Joey	4	Joey	8	Catawba Twist
4	Triple	4	Triple	8	Catawba Twist
4	Joey	4	Joey	4	Swing Clap <b>L</b>
4	Triple	4	Triple	4	Swing Clap <b>R</b>
<b>PART C</b> (24 Beats)		<b>PART C</b> (24 Beats)		8	2 Charleston Kicks
4	Air Guitar!	4	Air Guitar!	<b>BREAK2</b> (16 beats)	
12	3 Stomp Dbls <b>Fwd</b>	12	3 Stomp Dbls <b>Fwd</b>	16	4 Twist & Chug
4	2 Basics <b>Back</b>	4	2 Basics <b>Back</b>	<b>INTRO</b> (16 beats)	
4	Triple <b>Back</b>	4	Triple <b>Back</b>	16	4 Stamp & Jog 1/4 L ea
<b>PART D</b> (32 beats)		<b>PART D</b> (32 beats)		<b>PART A</b> (32 beats)	
8	Catawba Twist	8	Catawba Twist	4	Brush Over
8	Catawba Twist	8	Catawba Twist	4	Twisty 4
4	Swing Clap <b>L</b>	4	Swing Clap <b>L</b>	4	2 Lauries
4	Swing Clap <b>R</b>	4	Swing Clap <b>R</b>	4	1 Laurie Basic
8	2 Charleston Kicks	8	2 Charleston Kicks	4	Brush Over
				4	Twisty 4
				4	2 Lauries
				4	1 Laurie Basic
				<b>INTRO</b> (16 beats)	
				16	4 Stamp & Jog 1/4 L ea

*Step Explanations for: 'Ballroom Blitz'*

Stamp & Jog(4)

DS Stamp(if) - B B B(ib)-SL  
 L R R L R R  
 &1 & (2) & 3 & 4

Brush Over(4)

DS Br-SL(xif) T-S(xif) T(ib)-SL  
 L R L R R L R  
 &1 & 2 & 3 & 4

Twisty 4(4)

DS DS(xif) R-S(xib) R-S(xif)  
 L R L R L R  
 &1 &2 & 3 & 4

2 Lauries(4)

DS DT(up)-SL DS DT(up)-SL  
 L R L R L R  
 &1 &a 2 &3 &a 4

Laurie Basic(4)

DS DT(up)-SL DS RS  
 L R L R LR  
 &1 &a 2 &3 &4

Joey(4)

DS B(xib) B B B(xib) B S  
 L R L R L R L  
 &1 & 2 & 3 & 4

Triple(4)

DS DS DS RS  
 R L R LR  
 &1 &2 &3 &4

Air Guitar (4)

Strum your Air Guitar...4 counts!  
 (Backwards strum 1 ½ times)  
 (and pull arm down on 4)

Stomp Double(4)

ST DS DS RS  
 L R L RL  
 1 &2 &3 &4

2 Basics(4)

DS RS DS RS  
 R LR L RL  
 &1 &2 &3 &4

Catawba Twist(8)

Dbl-Twist(L) (L) Twist(R) (R) Twist(L) (R) (L) - Bo/Heel(if) Bo/Heel(if) Chug DS RS  
 L L R L R R R LR  
 &a 1 & 2 & 3 & 4 5 & 6 &7 &8

Swing Clap(4)

S(os) Clap S(tog) Clap S(os) Clap Tch(tog)  
 L R L R  
 1 & 2 & 3 & 4

Charleston Kick(4)

DS BR-Kick T-S Tch(ib)-SL  
 L R R R R L R  
 &1 & 2 & 3 & 4

Twist Chain(4)

Dbl-Twist(L) Twist(R) Twist(L) Twist(R) Twist(L) Twist(R) Chug (Moving left)  
 L Both R  
 &a 1 & 2 & 3 & 4

Chain Rock(4)

DS RS RS RS (moving right)  
 R LR LR LR  
 &1 &2 &3 &4

Twist & Chug (4)

Dbl-Twist(L) Twist(R) Twist(L) H(if)/B Chug  
 L Both Both Both L R L  
 &a 1 2 3 & 4