

BALLROOM BLITZ

LEVEL: EZ Intermediate
MUSIC: Ballroom Blitz by Sweet
CHOREO: Josh "ClogDog" King – Melbourne, Vic, Australia 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
INTRO (16 beats)		INTRO (16 beats)		BREAK (36 beats)	
16	4 Stamp & Jog 1/4 L ea	16	4 Stamp & Jog 1/4 L ea	4	Heel Swivels Move L
PART A (32 beats)		PART A (32 beats)		4	Chain 1/4L/Move R
4	Lucy Brushover	4	Lucy Brushover	4	Heel Swivels Move L
4	Twisty Four	4	Twisty Four	4	Chain 1/4L/Move R
4	2 Lori Steps	4	2 Lori steps	4	2 Basics 1/2 L
4	Lori Basic	4	Lori Basic	PART C (24 Beats)	
4	Lucy Brushover	4	Lucy Brushover	4	Air Guitar!
4	Twisty Four	4	Twisty Four	12	3 Stomp Doubles Fwd
4	2 Lori Steps	4	2 Lori Steps	4	2 Basics Back
4	Lori Basic	4	Lori Basic	4	Triple Back
PART B (16 beats)		PART B (16 beats)		PART D (32 beats)	
4	Joey	4	Joey	16	2 Catawba Twists
4	Triple	4	Triple	4	Boogie Clap L
4	Joey	4	Joey	4	Boogie Clap R
4	Triple	4	Triple	8	2 Charleston Kicks
PART C (24 Beats)		PART C (24 Beats)		BREAK 2 (16 beats)	
4	Air Guitar!	4	Air Guitar!	16	4 Triple Twist Digs
12	3 Stomp Doubles Fwd	12	3 Stomp Doubles Fwd	INTRO (16 beats)	
4	2 Basics Back	4	2 Basics Back	16	4 Stamp & Jog 1/4 L ea
4	Triple Back	4	Triple Back	PART A (32 beats)	
PART D (32 beats)		PART D (32 beats)		4	Lucy Brushover
16	2 Catawba Twists	16	2 Catawba Twists	4	Twisty Four
4	Boogie Clap (L)	4	Boogie Clap L	4	2 Lori Steps
4	Boogie Clap (R)	4	Boogie Clap R	4	Lori Basic
8	2 Charleston Kicks	8	2 Charleston Kicks	4	Lucy Brushover
				4	Twisty Four
				4	2 Lori steps
				4	Lori Basic
				INTRO (16 beats)	
				16	4 Stamp & Jog 1/4 L ea

Step Explanations for: 'Ballroom Blitz' - Choreo by: J. King

STAMP & JOG : (4)

DS STA (P) BA (turn 1/4L [BA BA]- (BK) SL
 L R R L R R
 &1 & 2 & 3 & 4
 (In this dance, (P) not SL on count 2)

LORI STEP : 2

DS DT H
 L R L
 &1 & 2

TRIPLE : 4

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

LUCY BRUSHOVER : (4)

DS (OTS) BR (XIF) H T-H (XIF) TT (BK) SL
 L R L R R L R
 &1 & 2 & 3 & 4

LORI BASIC : 4

DS DT (UP) H DS RS
 L R L R LR
 &1 & 2 &3 &4

TWISTY FOUR: (4)

DS DS (XIF) BA (OTS) BA (XIB) BA (OTS) S (XIF)
 L R L R L R
 &1 &2 & 3 & 4

JOEY: (4)

DS BA (XIB) BA (OTS) BA (OTS) BA (XIB) BA (BS) S
 L R L R L R L
 &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)

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

BASIC : (2)

DS RS
 R LR
 &1 &2

CATAWBA TWIST (8)

DT-TW/TW (L) BO/BO (L) TW/TW (R) BO/BO (R) TW/TW (L) TW/TW (R) TW/TW (L) (P) BO/HD (f) BO/HD (f) SL/Lift DS RS
 L L/R L/R R/L R/L L/R R/L L/R L/R L/R L/R R LR
 &a 1 & 2 & 3 & 4 & 5 & 6 &7 &8

BOOGIE CLAP (4)

(p) S (OTS) Clap S (BS) Clap S (OTS) Clap Tch (BS)
 L R L R
 & 1 & 2 & 3 & 4

Chain : (4)

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

HEEL SWIVELS : (4) (for this dance, lift right foot on 4)

DT SW-H SW-T SW-H SW-T SW-H SW-T (moving left) LIFT/SL
 L L/R L/R L/R L/R L/R R/L
 &a 1 & 2 & 3 & 4

TRIPLE TWIST DIG : (4)

DT TW/TW (L) (P) TW/TW (R) (P) TW/TW (L) H (F) /BA LIFT/SL
 L L/R L/R L/R L /R L/R
 & 1 & 2 & 3 & 4

CHARLESTON KICK : (4)

DS DR/K SL T-H (BK) RS
 L L/R L R R LR
 &1 & 2 & 3 &4