Jenkins Sisters' Jam (愛這調調) (zh)

Count: 64 **Wand:** 4 **Ebene:** Intermediate
Choreograf/in: Scott Blevins (USA) - 2012年08月
Musik: On Fire - JJ Grey & Mofro : (Album: Orange Blossoms)

第一段

1 2 3 1,2,3) Walk forward R-L-R 前走-右, 左, 右

4&5 4) Step forward L; &) Turn ½ right taking weight on R [6:00]; 5) Turn ½ right stepping back L [12:00]
4)左足前踏 &)右轉180度重心在右足(面向6點鐘)
5)右轉180度左足後踏(面向12點鐘)

6,7 6) Turn ½ right stepping forward R [6:00]; 7) Step forward L
6)右轉180度右足前踏(面向7點鐘) 7)左足前踏

8& Chase Turn: 8) Step forward R; &) Turn ½ left taking weight on L [12:00]
8&1)是一個踏轉踏
8)右足前踏 9)左轉180度重心在左足(面向12點鐘)

第二段

1,2 1) Step forward R (completing chase turn); 2) Turn ½ left taking weight on L [6:00]
1)Chase turn的右足前踏 2)左轉180度重心在左足(面向6點鐘)

3,4 3) Step side R moving hips anti-clockwise from back to front; 4) Touch L to left diagonal as you finish hip rotation into a slightly lifted bump to left diagonal
3)右足右踏, 臀部由後逆時針轉向前 4)轉完臀後左足至左斜角點, 臀部略上抬

5,6 5) Step down on L moving hips clockwise from back to front; 6) Touch R to right diagonal as you finish hip rotation into a slightly lifted bump to right diagonal
5)左足踏, 臀部由後順時針轉向前 6)轉完臀後右足至右斜角點, 臀部略上抬

7,8& 7) Step down on R towards right diagonal [7:00]; 8) Rock forward on L [still facing 7:00 diagonal]; &) Recover weight back on R
7)右足右斜角踏(面向7點鐘) 8)左足前下沉(仍面向7點鐘) &)右足回復

第三段

1 1) Step back on L [still facing 7:00 diagonal]
左足後踏(仍面向7點鐘)

2,3,4 2) Turn ¼ right stepping side R [10:00 diagonal]; 3) Step L across R; 4) Turn ¼ right stepping forward R [1:00 diagonal]
*Note: You can “funk” this up a little by letting your body loose and exaggerate the steps slightly, bending into the steps a bit.
2)右轉90度右足右踏(面向10點鐘) 3)左足於右足前交叉踏
4)右轉90度右足前踏(面向1點鐘)
注意:可以跳得’Funk’一點, 讓身體放鬆, 動作大一點, 腳步略彎曲

5&6 5) Step slightly forward L [still facing 1:00 diagonal]; &) Turn 3/8 right recovering weight on R [squaring to 6:00]; 6) Step L slightly across R
5)左足略前踏(仍面向1點鐘) &)右轉135度重心至右足(面向6點鐘)
6)左足於右足前交叉踏

7,8& 7) Turn ½ left stepping down on R letting L spiral in front of R [12:00]; 8) Step side L [12:00]; &) Step together R
7)左轉180度重心在右足, 左足於右足前交叉(Spiral Turn)(面向12點鐘)
8)左足左踏(面向12點鐘) &)右足併踏

第四段

1,2,3 1) Step side L; 2) Touch side R and bend L knee slightly to torque upper body to L (arms and shoulders towards 11:00); 3) Step down on R with ¼ turn right [3:00]
1)左足左踏 2)右足右點, 左膝略彎, 上半身略向左轉(雙手及雙肩都面向11點鐘) 3)右轉90度右足踏(面向3點鐘)

4&5 4) Turn ¼ right stepping side L [6:00]; &) Turn ½ right stepping side R [12:00]; 5) Step L across R
4)右轉90度左足左踏(面向6點鐘) &)右轉180度左足右踏(面向12點鐘)
5)左足於右足前交叉踏

&6&7 &) Small step side R; 6) Step L across R; &) Small step side R; 7) Step L across R
&)右足略右踏 6)左足於右足前交叉踏 &)右足略右踏 7)左足於右足前交叉踏

&8& &) Small rock side R; 8) Recover weight on L; &) Step R behind L
&)右足右下沉 8)左足回復 &)右足於左足後踏

第五段

1 1) Turn ¼ left stepping forward L [9:00]
1)左轉90度左足前踏(面向9點鐘)

2,3,4 2) Step forward R; 3) Turn ½ left taking weight on L; 4) Turn ¼ left stepping side R [12:00]
2)右足前踏 3)左轉180度重心在左足 4)左轉90度右足右踏(面向12點鐘)

5&6 Left Sailor: 5) Step L behind R; &) Small step side R; 6) Small step side and slightly forward L
左水手步:5)左足於右足後交叉踏 &)右足略右踏 6)左足略左前踏

7&8 1/4 Turning Weave: 7) Turn 1/8 right stepping R behind L; &) Turn 1/8 right stepping side L [3:00]; 8) Step R across L
右轉90度藤步:7)右轉45度右足於左足後交叉踏 &)右轉45度左足左踏 8)右足於左足前交叉踏

第六段

1&2 1&2) Step side L and bump hips L-R-L while pushing hips back, ending with weight on L
1&2)左足左踏, 推臀-左, 右, 左, 最後重心在左足

&3&4 &) Lift R knee and pushing hips right: 3&4) Step ball of R foot across L, with knees bent slightly and standing on the balls of both feet, bump hips L-R-L, ending with weight on R stepped across L
&)右膝抬, 右推臀 3&4)右足於左足前交叉踏, 雙膝略彎推臀-左, 右, 左, 結束時重心在與左足交叉的右足

5&6 5) Rock forward on L to left diagonal; &) Recover weight back on R; 6) Rock side on L (open body slightly to right corner)
5)左足左斜角前下沉 &)右足回復 6)左足左下沉(身體面向右方)

&7 &) Recover weight on R; 7) Step L across R (torque upper body left slightly while foot is prepped open for turn)
&)右足回復 7)左足於右足前交叉踏(上半身略向左轉, 準備右轉動作)

8& 8) Turn ¼ right stepping forward R [6:00]; &) Turn ½ right stepping back L [12:00]
8)右轉90度右足前踏(面向6點鐘) 8)右轉180度左足後踏(面向12點鐘)

第七段

1,2 1) Turn ½ right stepping forward R [6:00]; 2) Turn ¼ right stepping side L (over-rotate just slightly) [9:00]
1)右轉180度右足前踏(面向6點鐘) 2)右轉90度左足踏(面向9點鐘)

3-4 3-4) Roll hips anti-clockwise 1 rotation from back to front ending with weight on L foot
3-4)臀部由後逆時針轉向前, 結束重心在左足

5&6 5&6) Triple step in place on slight diagonal right R-L-R
5&6)略向右斜角三步踏-右, 左, 右

7&8 7&8) Turn ¼ left and triple step in place L-R-L [6:00]
7&8)三步左轉90度-左, 右, 左(面向6點鐘)

第八段

1,2	1,2) Walk forward R, L 1,2)前走-右, 左
3&4	Chase Turn: 3) Step forward R; &) Turn ½ left taking weight on L [12:00]; 4) Step forward R 踏轉踏: 3)右足前踏 &)左轉180度重心在左足(面向12點鐘) 4)右足前踏
5,6	5) Turn ½ right stepping back L [6:00]; 6) Turn ½ right stepping forward R [12:00] 5)右轉180度左足後踏(面向6點鐘) 6)右轉180度右足前踏(面向12點鐘)
7&8	7) Turn ¼ right rocking side L [3:00]; &) Recover weight on R; 8) Step L forward and across R 7)右轉90度左足左下沉 &)右足回復 8)左足於右足前交叉踏