Jul igjen



Count: 48 Wall: 2 Level: Phrased Improver

Choreographer: Gunn M. S. Skår (NOR) - November 2018

Music: Nå er det jul by Murdrocks, Herman Dahl, Agnetesh, Stina Talling and Isabelle

Eriksen



Intro: Start on Vocals - Sequence: AA BB Tag AA BBBB Tag BBB Ending

Part A: 32 counts

A[1-8] Step fwd R - L, Rocking Chair, Toe Struts, Step, ½ turn L, Step

1-2 Step RF forward, Step LF forward

Rock forward on RF, Recover onto LF, Rock back on RF, Recover onto LF RF step forward on toe, RF heel down, LF step forward on toe, LF heel down

7&8 Step RF forward, ½ turn L and step LF forward, Step RF forward

A[9-16] Full turn R, Shuffle R, Cross and heel x2

1-2 Turn ½ R and step LF back, Turn ½ R and step RF forward

3&4 Shuffle forward LF, RF, LF

5&6& Cross RF over LF, Step LF to L, Touch R heel forward, Step RF next to LF

7&8 Cross LF over RF, Step RF to R, Touch L heel forward

A[17-24] 1/4 Turn L x2, Shuffle 1/2 turn L, Kick x2, Step, Heel Swivels

1-2 Turn ¼ L and step LF forward, Turn ¼ L and step RF forward

3&4 Turn ½ L with shuffle forward LF, RF, LF

5&6& Kick RF forward, Step RF next to LF, Kick LF forward, Step LF next to RF
7&8 Step RF forward, swivel heels to R side, swivel heels back to center

A[25-32] Heel Bounces, Coaster Step, ½ Paddle Turn L with arm movements

1-2 ½ turn L with both feet heel bounce x2 (end weight on RF)

3&4 Step LF back, Step RF next to LF, Step LF forward

5-6-7-8 1/8 turn L and touch RF to R x4 and move arms to the side and back next to hips

(5&6&7&8&)

Part B: 16 counts

B[1-8] Step, ½ turn L, Point fwd, Step back, Coaster Step, Step, ½ turn L

1-2 Step RF forward, ½ turn L and step LF forward and swing arms up and down (1&2&)

3-4 Point RF forward, Step RF back

Step LF back, Step RF next to LF, Step LF forward
Step RF forward, ½ turn L and step LF forward

B[9-16] Sweep, Cross, step back, side step, close, out, out, in, cross, unwind ½ turn R, side step, side touch and clap, side step, side touch and clap

Sweep RF from back to front, Cross RF over LF, step LF back
 Step RF to R, Close LF next to RF, Step RF out, Step LF out

5&6 Step RF in, Cross LF over RF, unwind ½ turn R ending weight on LF

7&8& Step RF to R, Touch LF next to RF and clap, Step LF to L, Touch RF next to LF and clap

Tag

[1-4] Step, ½ turn L, Step, ½ turn L

1-2 Step RF forward, ½ turn L and step LF forward and swing arms up and down (1&2&)
3-4 Step RF forward, ½ turn L and step LF forward and swing arms up and down (3&4&)

Ending: Turn to the front wall

Merry Christmas! Have fun!

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