

# Jenny From The Block

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Nilla Nuto

Musique: Jenny from the Block - Jennifer Lopez



Start the dance after words "LOX yeah, J.Lo yeah, yeah, yeah, yo, yo" when LOX starts to sing "We off the blocks this year"

## **SIDE TOUCHES, HOLD, HITCH WHILE TURNING ¼ RIGHT, SYNCOPATED ROCK-STEP, HEEL AND SHOULDER BOUNCES WITH ½ TURN LEFT**

- 1&2&3 Touch right toe to right side, step right foot together, touch left toe to left side, step left foot together, touch right toe to right side
- 4 Hold
- &5&6 Turn ¼ to the right hitching right knee (&), rock right foot back, recover weight on the left foot, step right foot forward
- 7&8 Bounce both heels and shoulders three times as you turn ½ left (weight ends on right foot)

## **WEAVE, ½ UNWIND, WALK FORWARD TWICE (RIGHT, LEFT), BRUSH OUT-OUT**

- 1&2&3 Step left foot behind right, step right foot to right side, step left foot over right, step right foot to right, touch left foot behind right
- 4 Unwind ½ turn left (weight ends on left foot)
- 5-6 Walk forward right, left (bend your knees slightly)
- 7&8 Brush right foot forward, step right foot to right side, step left foot to left side

**Arm movements: place right hand on the left hip and left hand on the right hip on &8**

## **SQUAT DOWN, CHEST BUMPS, RISE UP, SYNCOPATED ROCK-STEP, TOUCH LEFT FOOT BEHIND RIGHT, ½ UNWIND**

- 1 Bend your knees (squat down) (arm movements: place right hand on the right thigh and left hand on the left thigh)
- 2&3&4 Bump your upper body (chest) diagonal forward left, center (original position), diagonal forward right, center (original position)
- 4 Straighten your knees (rise up) ending weight on left foot (lift right foot slightly off the floor)
- 5&6 Rock right foot behind left, change weight on left foot, step long step to right side on right foot (arm movements: spread your arms to the sides on 6)
- 7-8 Touch left foot behind right, unwind ½ turn left (weight ends on left foot)

## **KICK & SIDE ROCKS TWICE, KICK & TOUCH, ¼ HITCH-POINT TURNS TWICE**

- 1&2& Kick right foot forward, step right foot together, rock left foot to left side, recover weight on right foot
- 3&4& Kick left foot forward, step left foot together, rock right foot to right side, recover weight on left foot
- 5&6 Kick right foot forward, step right foot together, touch left foot to left side
- &7 Hitch left knee up turning ¼ right on right foot, touch left toe to left side
- &8& Hitch left knee up turning ¼ right on right foot, touch left toe to left side, step left foot together

**REPEAT**