Judo Jammin



Compte: 64 Mur: 4 Niveau: Chorégraphe: Mike Bannister (USA) & Jo Everhart (USA)

Musique: Betty's Takin' Judo - Jeff Carson



RIGHT VINE, KICKS, TRIPLE STEPS

1-4 Step right foot to right, step left behind right, step right foot to right, step, left next to right as

you turn 1/4 turn to right

5-6 Kick right foot forward, keep foot up as you turn ¼ wall to left and kick right foot to right side

(kicks may resemble judo kicks)

7&8 Triple step in place (right, left, right)

LEFT VINE, KICKS, TRIPLE STEPS

9-12 Step left foot to left, step right behind left, step left foot to left, step right next to left as you urn

1/4 turn to left

13-14 Kick left foot forward, keep foot up as you turn ¼ wall to right and kick left foot to left side

(kicks may resemble judo kicks)

15&16 Triple step in place (left, right, left)

RIGHT KICK BALL CROSS, STEP, 2 SCISSOR STEPS

17&18 Kick right foot forward, step on right ball of foot cross left in front of right

19-20 Step right to right, step left behind right

21-22 Jump back slightly on right foot and tap left heel forward to left, and return to home position

Optional: arms: back motion right elbow pointed back with fist next to chest, left arm extended forward bent at elbow & fist toward ceiling

23-24 Jump back slightly on right foot and tap left heel forward to left, and return to home position

(take weight on right foot)

LEFT KICK BALL CROSS, STEP, 2 SCISSOR STEPS

25&26 Kick left foot forward, step on left ball of foot cross right in front of left

27-28 Step left to left, step right behind left

29-30 Jump back slightly on left foot and tap right heel forward to right and return to home position

Optional: arms: back motion left elbow pointed back with fist next to chest, right arm extended forward bent at elbow & fist toward ceiling

Jump back slightly on left foot and tap right heel forward to right and return to home position

(take weight on right foot)

HEEL TAPS, STEP HEEL BALL TOUCHES, SYNCOPATED STEPS & CLAP

33-34	Tap right heel forward, step right foot home as you turn ¼ wall to left
35&36	Tap left heel forward, step left foot home on ball of foot & touch right foot next to left
37-38	Tap right heel forward, step right foot home as you turn ¼ wall to left
39&40	Tap left heel forward, step left foot home on ball of foot & touch right foot next to left
41-42	Tap right heel forward, step right foot home as you turn ¼ wall to left
43&44	Tap left heel forward, step left foot home on ball of foot & touch right foot next to left
&45-46	Jump out with feet slightly apart stepping right, left, clap or snap fingers
&47-48	Jump in with feet together stepping right, left, clap or snap fingers

KNEE ROLLS, MONTEREY TURNS

49-50	Roll right knee out for 2 counts
51-52	Roll left knee out for 2 counts
53-54	Tap right toe to right side, step right foot home as you turn ½ wall to the right
55-56	Tap left toe to left side, step left foot home taking weight

PIVOT TURN, 2 STOMPS & HEEL TAPS

57-58	Step forward	on right foot	pivot 1/2 wall to left
31-30	Olep Iol Wald	on night look	pivol /2 wall to left

59-60 Stomp right, stomp left 61-62 Tap right heel 2 times 62-64 Tap left heel 2 times

REPEAT

Option 1

21-22 Step back on right toe at 45' angle, spring forward keeping weight on left foot & tapping right

toe next to left

Option 2

29-30 Step back on left toe at 45' angle, spring forward keeping weight on right foot & tapping left

toe next to right