

Nick-A-Jack Jam

拍数: 44 墙数: 2 级数: Intermediate
编舞者: Leslie Moore (USA)
音乐: Nickajack - River Road



- 1-2 Step forward at right diagonal with right foot; stomp left next to right with clap
3-4 Step back into place with left foot; stomp right next to left with clap
5-6 Step backward at right diagonal with right foot; stomp left next to right with clap
7-8 Step forward into place with left foot; stomp right next to left with clap
- 1-2 Step out to right side with right foot, turning both feet outward, and turning arms upward at elbows; hold one beat
3-4 Traveling to the right, keeping feet hip distance apart, turn toes inward and arms downward at the elbows; hold one beat
5 Continue traveling to the right by turning toes outward, arms upward
6 Continue traveling to the right by turning toes inward, arms downward
7 Continue traveling to the right by turning toes outward, arms upward
8 Hold and clap
- 1-2 Step left to left side; touch right next to left with clap
3-4 Step right to right side; touch left next to right with clap
5-8 Left grapevine, stomping right on fourth count
- 1 Tap right heel forward
&2 Quick switch to take weight on right foot, tap left heel forward
&3 Quick switch to take weight on left foot, tap right heel forward
4 Hold and clap
5-7 Keeping feet where they are, "unwind" ½ turn to the left
8 Lift left toe off the floor (as if in a forward heel tap), pulling both arms back at elbows
& Quick switch to take weight on left foot
- 1 Tap right heel forward
&2 Quick switch to take weight on right foot, tap left heel forward
&3 Quick switch to take weight on left foot, tap right heel forward
4 Hold and clap
5-7 Keeping feet where they are, "unwind" ½ turn to the left
8 Lift left toe off the floor (as if in a forward heel tap), pulling both arms back at elbows
- 1-2 Step down on left foot; turn ½ to right on left foot while hitching right knee
3-4 Step or stomp in place right, left

REPEAT