

Jezebel

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Kim Ray (UK)
音乐: Jezebel - Ricky Martin



SKATES FORWARD, RIGHT SHUFFLE FORWARD, ROCK RECOVER, LEFT SHUFFLE BACK

1-2 Skate forward on right, skate forward on left
3&4 Right shuffle forward (right, left, right)
5-6 Rock forward on left, recover back on right
7&8 Left shuffle back (left, right, left)

SLIDES BACK, ¼ TURN LEFT, TOE SLIDES, ¼ TURN RIGHT, FLICK/KICK BALL CHANGE

9-10 Slide right foot back taking weight, slide left toe back (keeping weight on right)
11-12 Keeping feet where they are, ¼ turn left and exchange weight to left foot, slide right toe along floor in front of left (head turns to look left side)
13-14 Slide right toe along floor in front of left to right side (head turns to look right side), keeping feet where they are, ¼ turn right (right toe should now be pointed in front of left & facing front wall)
15&16 Flick/kick right toe to right diagonal, step down on right, cross step left forward and over right

SIDE ROCKS, CROSS SHUFFLES

17-18 Rock side right, recover onto left
19&20 Cross shuffle right over left (moving slightly forward)
21-22 Rock side left, recover onto right
23&24 Cross shuffle left over right (moving slightly forward)

¼ TURN LEFT, PIVOT ½ TURN LEFT, FORWARD MAMBO & CROSS, COASTER STEP

25-26 ¼ turn left as you step back on right, ½ turn left as you step forward on left
27&28 Step forward on right, ½ pivot turn left, step forward on right
29&30 Rock forward on left, recover on right, step back on left (slightly behind right)
& Cross step right over left
31&32 Step back on left, step back on right, step forward on left

SHUFFLES FORWARD WITH ½ PIVOT TURNS

33&34 Right shuffle forward (right, left, right)
35-36 Step forward on left, ½ pivot turn right
37&38 Left shuffle forward (left, right, left)
49-40 Step forward on right, ½ pivot turn left

¼ TURN LEFT & STEP BACK CROSS, SYNCOPATED CROSS SHUFFLE BACK

41&42 ¼ turn left stepping right foot down, step back on left (turning to face left diagonal), cross right over left
43&44 Step left to left side, step back on right (turning to face right diagonal), cross left over right
45&46 Step right to right side, step back on left (turning to face left diagonal), cross right over left
& Step back on left (still facing left diagonal)
47&48 Cross step right over left, step back on left, cross right over left (facing left diagonal)
& Step back on left and straighten up to start again at back wall

Counts 41 to 48& you will be traveling backwards

REPEAT