Jitterbug Boogie

拍数: 48

1

级数: Intermediate

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音乐: Jitterbug Boogie - The Fantastic Shakers

FORWARD & SIDE BALL PRESSES, TRIPLE STEPS IN PLACE

- Touch ball of right foot across left foot
- 2 Touch ball of right foot slightly out to side
- 3 Step right in place
- & Step left in place
- 4 Step right in place
- 5 Touch ball of left foot across right foot
- 6 Touch ball of left foot slightly out to side
- 7 Step left in place
- & Step right in place
- Step in left place 8

Let your body slightly bounce with the steps to give a more jazzy feel

SIDE, BEHIND, ¼ TURN (RIGHT)WITH KICK, SHUFFLE BACK, BACK ROCK-RECOVER

- 9 Step right to side
- 10 Cross step left behind right foot
- 11 Step right to side
- 12 Turning 1/4 turn right (by pivoting on ball of) right foot, slightly kick left foot forward
- 13&14 Triple step backward stepping (left-right-left)
- Step (rock) right backward, while slightly lifting left foot off floor 15
- 16 Lower left foot back to floor (recover)

HIP BOOGIES, HIP WALKS, ¹/₂ PIVOT TURN (LEFT)

- 17 Stepping right slightly out to side, bump hips to right side
- 18 Bump hips right
- 19 Bump hips left
- 20 Bump hips left
- 21 Step right slightly forward, while bumping hips to right side
- 22 Step left slightly forward, while bumping hips to left side
- 23 Step right forward
- 24 On balls of both feet, pivot 1/2 turn left

HIP BOOGIES, HIP WALKS, ¹/₂ PIVOT TURN (LEFT)

- 25 Stepping right slightly out to side, bump hips to right side 26 bump hips right
- 27 Bump hips left
- 28 Bump hips left
- 29 Step right slightly forward, while bumping hips to right side
- 30 Step left slightly forward, while bumping hips to left side
- 31 Step right forward
- 32 On balls of both feet, pivot 1/2 turn left

On counts 17-20 and 25-28, you can replace them with hips walks forward or double hip walks forward, or use you imagination (just remember to wiggle those hips)

SHUFFLE FORWARD, ½ PIVOT TURN (RIGHT), ¾ TURN (RIGHT), CROSSING SHUFFLE

- 33&34 Triple step forward stepping (right-left-right)
- 35 Step left forward





墙数:4

- 36 On balls of both feet, pivot ½ turn right
- 37 Pivot on ball of left foot ¼ turn right, stepping right foot slightly out to side
- 38 Pivot on ball of right foot 1/2 turn right, stepping left foot slightly out to side

You will be moving to the right during the 3⁄4 turn

- 39 Cross step left in front of right foot
- & Step right slightly to side
- 40 Cross step left in front of right foot

VINE (RIGHT) INTO A SIDE TRIPLE, CROSS ROCK-RECOVER, ¼ SHUFFLE TURN (LEFT)

- 41 Step right to side
- 42 Cross step left behind right foot
- 43&44 Triple step to right side stepping (right-left-right)
- 45 Cross step (rock) left in front of right foot, while slightly lifting right foot off floor
- 46 Lower right foot back to floor (recover)
- 47&48 Triple ¼ turn left, stepping (left-right-left)

REPEAT