J-J-Jaboogie!



拍数: 48 墙数: 4 级数:

编舞者: James "Jimbo" Krywko (USA)

音乐: Jump, Jive & Wail - The Brian Setzer Orchestra



STEP, BOUNCE-STEP, BOUNCE-FORWARD-2-3 TAP

Styling: face slightly to the right-1/8 slant

1-2 Step (bounce) forward on to left, lift right foot bouncing on left
 3-4 Step (bounce) back on to right, lift left foot bouncing on right

5-6 Step left foot forward, slide right up next to left

7-8 Step left foot forward, tap inside of right foot to ground

Styling: drop shoulders down and back on foot tap

STEP, BOUNCE-STEP, BOUNCE-BACK-2-TURN-SCUFF

1-2	Step (bounce) back on to right, lift left foot bouncing on right
3-4	Step (bounce) forward on to left, lift right foot bouncing on left

5-6 Step right foot back, slide left back to right

7-8 While turning ½ turn right step right foot forward, scuff left heel forward

TWIST-TWIST-SCUFF STEP-SCUFF, STEP-SCUFF

1	Twisting hips 1/8 to right, step forward on left
2	Twisting hips 1/8 to left, step forward on right
3	Twisting hips 1/8 to right, step forward on left

4 Scuff right to right

5-6 Step in place on right foot, scuff left foot slightly left 7-8 Step in place on left foot, scuff right foot slightly right

TWIST-TWIST-SCUFF STEP-SCUFF, STEP-SCUFF

Styling: On this set of twists move back on twist steps

1	Twisting hips 1/8 to left, step back on right
2	Twisting hips 1/8 to right, step back on left
3	Twisting hips 1/8 to left, step back on right

4 Scuff left to left

5-6 Step in place on left foot, scuff right foot slightly right
7-8 Step in place on right foot, scuff left foot slightly left

STEP, BOUNCE-STEP, BOUNCE-BOUNCE-BOUNCE-1/4 LEFT STOMP

1-2	Step (bounce) forward on to left, lift right foot bouncing on left
3-4	Step (bounce) back on to right, lift left foot bouncing on right

5-6 Bounce forward on to left, bounce back on to right Bounce forward on to left, while turning ¼ left,

8 Stomp out on both feet apart, wide

Everyone has been yelling "SPREAD EM!" on the stomp out!

HEELS-HOLD, TOES-HOLD, HEELS, TOES, HEELS, KICK, GO

1-2	Bring heels in, hold
3-4	Bring toes in, hold

5-8 Bring heels in, bring toes in, bring heels in, kick left forward

REPEAT