Jam Too

级数: Intermediate

编舞者: Unknown

拍数: 36

音乐: It Could've Been Me - Billy Ray Cyrus

WIGGLE

1-4 Wiggle hips to 4 beats of music

WALK

- 5-7 Walk forward right, left, right 8 Kick left foot forward
- 9-11 Walk backward left, right, left 12 Touch right toe behind
- 13-15 Walk forward right, left, right
- 16 Bring left together with right

SKATE LEFT

- 17 Turn 1/4 turn to left and step forward on left foot
- 18 Bring right foot up next to left
- 19 Step forward on left foot
- 20 Bring right foot to meet left while making a ¹/₂ turn to left to face the opposite wall

SKATE RIGHT

- 21 Step forward on right foot
- 22 Bring left up to meet right
- 23 Step forward on right foot
- 24 Bring left foot up to meet right while making ¼ turn to left (you should be facing front wall)

TWISTS

25-28 (with weight on balls of both feet) twist body and heels to right, center, left, center

PULLS LEFT

29-30 Step left foot to side while grabbing an imaginary waist high bar with both hands and "pull" your hips towards it twice

PULLS RIGHT

31-32 Twist body to right while "pulling" your hips towards the imaginary bar twice (weight change to right foot on 2nd "pull")

TURN

- 33 Step forward on left foot and turn 1/4 turn to left at same time
- 34 Step forward on right
- 35 Rock back on left
- 36 Kick right foot forward

REPEAT





墙数:4