Israelites



编舞者: Paulette Hylands (UK)

音乐: Israelites - Desmond Dekker & The Aces



Dance starts after 34 counts (not easy to count in, but you'll hear it)

RIGHT POINT, HITCH, TOUCH, STEP, LEFT POINT, HITCH, TOUCH, STEP

1-2	Point right toes to right	ht side hitch	right while slight	v honnina	back on left

3-4 Point right toes across left (lean back), step right foot down

Point left toes to left side, hitch left while slightly hopping back on right Point left toes across right (lean back), step left foot in front of right

JAMAICAN STYLE KNEE POPS, RIGHT HALF TURN SWIVEL WITH HEEL BOUNCES

1-2	Bend over slightly and pop knees outwards, then inwards

3-4 Pop knees outwards, then inwards (this is done quite loosely with arms a-swingin')
5-6 On balls of feet swivel start swiveling ½ turn right (bounce heels & shoulders for 5, 6)
7-8 Finish swiveling right, drop heels (bounce heels & shoulders for 7, then drop for 8)

BACKWARDS TRAVELING TOUCH, STEPS

1-2	Touch right toes to right, step right slightly back from this (sweeping motion)
3-4	Touch left toes to left, step left slightly back from this (sweeping motion)
5-6	Touch right toes to right, step right slightly back from this (sweeping motion)
7-8	Touch left toes to left, step left slightly back from this (sweeping motion)

1/4 TURNS WITH POINTS AND LEANS

1-2	Step right foot ¼ turn right, point left toes to left and lean back
3-4	Step left foot ¼ turn right, point right toes forward and lean back
5-6	Step right foot ¼ turn right, point left toes to left and lean back
7-8	Step left foot ¼ turn right, touch right beside left

REPEAT