

Almost Jamaica

COPPER KNOB
BY STEPHEN BRETZ

拍数: 52 墙数: 2 级数:
编舞者: Eddy May (AUS)
音乐: Almost Jamaica - The Bellamy Brothers



BACK RIGHT, FORWARD LEFT, SHUFFLE RIGHT-LEFT-RIGHT

1-2-3&4 Step back right at 45 degrees, step forward left, shuffle forward right-left-right

BACK LEFT, FORWARD RIGHT, SHUFFLE LEFT-RIGHT-LEFT

1-2-3&4 Step back left at 45 degrees, step forward right, shuffle forward left-right-left

SIDE STEPS RIGHT & LEFT

This is done in a slightly forward motion

1&2-3&4 Step right to right side, transfer weight to left, cross right over left, step left to left side, transfer weight to right, cross left over right

1&2-3&4 Step right to right side, transfer weight to left, cross right over left, step left to left side, transfer weight to right, cross left over right

ROCK FORWARD, ROCK BACK, SHUFFLE BACK

1-2-3&4 Rock forward on right, rock back on left, shuffle back at 45 degrees right-left-right

SHUFFLE BACK LEFT, SHUFFLE BACK RIGHT

1&2-3&4 Shuffle back at 45 degrees left-right-left, shuffle back at 45 degrees right-left-right

TOUCH BACK TURN & TRIPLE STEP

1-2-3&4 Touch left back behind right, turning $\frac{1}{2}$ turn left keeping weight on left, triple step on spot right-left-right

STEP, HOLD, HIPS

1-4 Step left to left side moving hip to the left & hold for one count. Then swing hips right then left keeping weight on left

STEP RIGHT, LEFT, SHUFFLE RIGHT-LEFT-RIGHT

1-2-3&4 Step right over left, step left to left side, step right behind left, step left to left side, step right over left

ROCK LEFT, RIGHT & SIDE SHUFFLES

1-2-3&4 Step left to left, step back on right, crossing left over right, side shuffle left-right-left

SHUFFLE BACK TURNING SIDE SHUFFLES

1&2-3&4 Turning $\frac{1}{4}$ turn left shuffle back right-left-right turning $\frac{1}{4}$ turn left shuffle to side left-right-left

MONTEREY TURN

1-4 Touch right to right side, step right behind left turning $\frac{1}{2}$ turn right, touch left to left side, step left behind right turning $\frac{1}{2}$ turn right

RIGHT COASTER, LEFT COASTER

1&2-3&4 Step back right, step left beside right, step right forward, step back left, step right beside left, step left forward

REPEAT