Adiosjamaica



拍数: 0 墙数: 4 级数:

编舞者: June Yung (SG)

音乐: Jamaica Farewell - Hits Der 70er Trinidad



Sequence: AAB, AAB, AAB, AAAA Visit Audiogalaxy for the music

SECTION A (START WITH VOCAL) DOUBLE RUMBA BOX WITH TOUCHES

Step forward on right, touch left beside right, step left to left step right beside left
 Step back on left, touch right beside left, step right to right, step left to left

CROSS, HOLD, STEP, STEP, CROSS, HOLD, STEP, STEP

Step forward on right across and over left, hold, step left to left, step right beside left
 Step forward on left across and over right, hold, step right to right, step left beside right

STEP FORWARD, TAP, STEP ½ TURN, STEP FORWARD, TAP, STEP ¼ TURN

1-4 Step right forward, tap left toes behind right, step left foot down behind right, turn ½ right on

right

5-8 Step left forward, tap right toes behind left, step down on right behind left, turn ¼ left on left

CROSS, POINT, CROSS, POINT, FORWARD, HOOK & HOP, TOUCH

1-4 Step right across and over left, point left toes to left, step left across and over right, point right

toes to right

5-8 Step forward on right, hitch and hook left leg and hop on right foot, step down on left, touch

right beside left

SECTION B (MUSIC ONLY NO VOCAL)

RIGHT CROSS POINT, POINT SIDE, SWEEP 1/4 TURN, LEFT CROSS POINT, POINT SIDE, SWEEP 1/4 TURN

1-2 Point right in front and across left, point right to right side

3&4 Sweep right behind left, turning ¼ to left on left, step right beside left

5-6 Point left in front and across right, point left to left side

7&8 Sweep left behind right, turning ¼ to right on right, step left beside right

ROCK, CROSS, SHUFFLE WITH 1/4 TURN, 1/4 TURN, 1/4 TURN, LOCK SHUFFLE FORWARD

1-2 Step right to right, step left behind right3&4 Shuffle right, left, right turning ¼ to right

5-6 Step left foot forward, turning ¼ to right, step right forward turning ¼ right

7&8 Step left forward, lock right behind step left forward

WALK X 3 HOLD, JAZZ BOX

1-4 Walk forward on right, left, right swaying body from right, left then right again, hold

When walking, put up your hand above your head and wave good-bye

5-8 Step left over right and across, step back on right, step to left to left, step right next to left

WALK X 3, HOLD, JAZZ BOX

1-4 Walk forward on left, right, left swaying body to left, right then to left again, hold

When walking, put up your hand above your head and wave good-bye

5-8 Step right over and across left, step back on left, step right to right, step left next to right