Jessie (The Dancer)

拍数: 64

级数: Upper Improver

编舞者: Judith Campbell (NZ) - February 2002

音乐: Jessico - The Kentucky Headhunters

NZ Beat Awards – Winner for "Best NZ Choreographed Dance 2002

Intro: start in the vocals - on the word CO of Jessico

STEP FWD - 1/4 PIVOT L - STEP FWD - HOLD:

- Step fwd on R ft, 1/4 pivot to L, step R ft fwd, hold. 1234
- SIDE ROCK RECOVER STEP FWD HOLD:
- 5678 Step/rock L ft out to L side, recover back onto R ft, step fwd on L, hold.

STEP FWD - ¼ PIVOT L - STEP FWD - HOLD:

Step fwd on R ft, 1/4 pivot to L, step R ft fwd, hold. 1234

SIDE ROCK - RECOVER - STEP FWD - HOLD:

5678 Step/rock L ft out to L side, recover back onto R ft, step fwd on L, hold.

ROCK FWD - ROCK BACK - TOGETHER - HOLD - LOCK STEP BACK:

- 1234 Rock fwd on the 45 R, rock back onto L, close R ft next to L, hold
- 5678 Step back on L ft, lock R ft over in front of L, step back on L, hold.

ROCK BACK - ROCK FWD - TOGETHER - HOLD - LOCK STEP FWD:

- 1234 Rock back on R ft 45 R, rock fwd onto L, close R ft next to L, hold.
- 5678 Step fwd on L ft, lock R ft up behind L, Step fwd on L, hold.

Use hips on the rocks fwd/back together hold (mambo step)

CROSS OVERS TO L – STEP – STEP – HOLD: (twice)

- 1 Step R ft across in front of L ft, (turning body slightly to L),
- 2 Step L ft to L (body straightens up to front)
- 34 Step R ft next to L, hold (weight on L ft).
- 5 Step R ft across in front of L ft, (turning body slightly to L),
- Step L ft to L (body straightens up to front) 6
- Step R ft next to L, hold (weight on L ft). 78

WEAVE TO L SIDE - 1/2 TURN TO R WITH HEEL DIG:

- 1234 Cross R over L, step L to L, step R behind L, step L to L,
- 5678 Cross R over L, Turning 1/4 R step back on L ft, place R heel fwd, hold.

STEP FWD HITCH/CLAP – ½ TURN R HITCH/CLAP – SHUFFLE FWD:

- 12 Step fwd on R, hitch up L knee (clap),
- 34 Turning ¹/₂ to R step back on L ft, hitch up R knee (clap).
- 5678 Shuffle R ft fwd (RLR), hold.

SIDE STRUT - CROSS STRUT - COASTER - STEP FWD HITCH:

- 1234 Step L ft to L side on toe, drop heel, Cross R ft over L on toe, drop heel,
- 5678 Step back on L ft, step R ft next to L, step fwd on L ft, Hitch R knee up.

[64] Start dance in new direction. Enjoy!

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墙数:4