

拍數: 32 牆數: 4 級數: Improver

編舞者: Yvonne Krause (USA) - February 2020

音樂: Ex - Jennifer Belle: (iTunes)



#16 COUNT INTRO - 1 RESTART

[1-8] SIDE ROCK RECOVER, CROSSING SHUFFLE, REPEAT ON LEFT

1-2 Rock right foot out to side, recover onto left.

3&4 Cross right over left, step left to left side, cross right over left.

5-6 Rock left foot out to side, recover onto right.

7&8 Cross left over right, step right to right side, cross left over right.

[9-16] MONTEREY PENDULUM

1-2	Touch right toe to right side as you turn $\frac{1}{2}$ right on ball of left stepping together on right.
3-4	Touch left toe to left side as you turn ¼ left on ball of right stepping together on left.
5-6	Touch right toe to right side as you turn ½ right on ball of left steeping together on right.
7-8	Touch left toe to left side as you turn ¼ left on ball of right stepping together on left. (6:00)

[17-24] SHUFFLE FORWARD ON RIGHT, PIVOT 1/4 RIGHT, SHUFFLE FORWARD ON LEFT, PIVOT 1/4 LEFT

Shuffle forward by stepping right, left, right.

Step forward on left, pivot ¼ right. (9:00)

Shuffle forward by stepping left, right, left.

Step forward on right, pivot ¼ left. (6:00)

*Dance the above 24 counts then restart the dance during the second time around

[25-32] JAZZ BOX, SIDE SWITCHES RIGHT & LEFT

1-4 Cross right over left, step back on left, step right to right side, step left next to right.

Touch right toe to right side and hold, jump down onto right next to left.

Touch left toe to left side and hold, jump down onto left next to right.

*RESTART DURING THE 2nd REVOLUTION FACING 12:00 AFTER 24 COUNTS

May You Always Dance Like No One Is Watching

Contact: ykrause@yahoo.com