Jerusalema

拍數: 32

級數: Beginner

編舞者: Tess van Zuydam (UK) - October 2020

音樂: Jerusalema (feat. Nomcebo Zikode) - Master KG

牆數:4

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Intro: 32 counts

Section 1: (1-8) Walk forward, hitch, walk back, point

- 12 Walk forward on the right, walk forward on the left
- 34 Walk forward on the right, Hitch left knee up***
- 56 Walk back on the left, walk back on the right
- 78 Walk back on the left, point right toe out to right side

***As you hitch the left knee up: clap your hands together under your knee

Section 2: (9-16) Step and point X2, step 1/4 turn to right, rock back on RT

- 12 Step right foot diagonally across, point left foot out to left side
- 34 Step left foot diagonally across, point right foot out to right side
- 56 Step forward on the right foot (start to turn your body a ¼ turn to your right as you do this), step left foot out to left side (you should now be facing the 3'oclock wall as you put your left foot down)
- 78 Rock back on the right foot, recover on the left foot

Section 3: (17-24) Shuffles X 2, Rock forward and back on the RT

- 1&2 Step forward right, Step left next to right (&), Step forward right (shuffle)
- 3&4 Step forward left, Step right next to left (&), Step forward left (shuffle)
- 5678 Step forward on the right foot, recover on the left foot, step back on the right foot, recover on the left foot

Section 4: (25-32) Chase turn, Elvis knees X 4

- 12 Step forward on the right foot, pivot half turn on the left foot over the left shoulder
- 34& Step forward on the right foot, pivot half turn on the left foot over the left shoulder, use the (&) to quickly slide the right foot in place beside your left foot and transfer your weight onto the left foot ready for the right knee pop (5)
- 5678 Pop right knee in, pop left knee in, pop right knee in, pop left knee in

REPEAT!

You will end the dance facing the front. Dance to the end of section 4 and the last step will be beat 1 of section 1, give it a real stomp as you step forward to end.

"For Mom and Dad, still in step after 47 years together and counting Xxx"