

Caesar with Jerk Seasoning

拍數: 56 牆數: 2 級數: Low Intermediate
編舞者: Daniel Exton (UK) - February 2024
音樂: Jerk It Out - Caesars



S1: Kick Ball Point, Behind and Cross, Kick Ball Point, Sailor ¼

1&2 Kick Right foot out, Right next to Left, Point Left to Left side
3&4 Left behind Right, Right to Right side, Cross Left over Right
5&6 Kick Right foot out, Right next to Left, Point Left to Left side
7&8 Left behind Right with ¼ turn Left, Right to Right side, Left to Left side

S2: Shuffle x2, Rock/Recover, Shuffle Back

1&2 Shuffle forward Right-Left-Right
3&4 Shuffle forward Left-Right-Left
5, 6 Rock forward on Right, Recover onto Left
7&8 Shuffle back Right-Left-Right

S3: Jump Back, Clap, Hip Circle, Chasse, Hip Circle

&1, 2 Jump back Left, Right, Clap
3, 4 Rotate hips in a circle Clockwise (Weight on R)
5&6 Left to Left side, Right next to Left, Left to Left side
7, 8 Rotate hips in a circle Clockwise (Weight on L)

S4: Cross Rock/Recover, Chasse, Cross Rock/Recover, Shuffle ¼

1, 2 Cross Rock Right over Left, Recover onto Right
3&4 Right to Right side, Left next to Right, Right to Right side
5, 6 Cross Rock Left over Right, Recover onto Right
7&8 Left foot forward with ¼ turn Left, Right behind Left, Left foot forward

S5: Scuff, Cross Scuff, Place, Unwind ½, Heel and Heel and Step, Clap x2

1, 2 Scuff Right foot forward, Scuff Right across Left
3, 4 Place Right down across Left, Unwind ½ turn Left
5&6& Left heel out, Return Left, Right heel out, Return Right
7&8 Left foot forward, Clap x2 (Weight on L)

S6: Scuff, Cross Scuff, Place, Unwind ½, Heel and Heel and Step, Clap x2

1, 2 Scuff Right foot forward, Scuff Right across Left
3, 4 Place Right down across Left, Unwind ½ turn Left
5&6& Left heel out, Return Left, Right heel out, Return Right
7&8 Left foot forward, Clap x2 (Weight on L)

S7: Cross Rock/Recover, Chasse, Cross, Back, Side, Twist x2

1, 2 Cross Rock Right over Left. Recover onto Left
3&4 Right to Right side, Left next to Right, Right to Right side
5, 6 Cross Left over Right, Right foot back
7&8 Left to Left side, Twist Heels twice

Restarts: 48 counts into Wall 2 and Wall 6