

I've Tried Jack & Jim

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Helen Ng (AUS) & Gordon Elliott (AUS) - August 2024
音樂: Bulletproof - Nate Smith : (ALBUM: THROUGH THE SMOKE)



INTRO : 16 Beats

CROSS SAMBA, MAMBO FORWARD, COASTER STEP, QUICK PIVOT-FORWARD

1 & STEP R ACROSS IN FRONT OF LEFT, STEP L TO THE SIDE,
2 STEP R TO THE SIDE,
3 & 4 MAMBO : STEP L FORWARD, ROCK BACK ONTO R, STEP L BACK,
5 & 6 COASTER : STEP R BACK, STEP L TOGETHER, STEP R FORWARD,
7 & PIVOT : STEP L FORWARD, TURN 180° RIGHT TAKE WEGHT ONTO R, (6.00)
8 # STEP L FORWARD. (6.00)

ACROSS & HEEL & SHUFFLE ACROSS, HIP-HIP-1/4 KICK, COASTER STEP

1 & STEP R ACROSS IN FRONT OF LEFT, STEP L TO THE SIDE,
2 & TOUCH R HEEL FORWARD, STEP R TOGETHER,
3 & 4 SHUFFLE LEFT ACROSS IN FRONT OF RIGHT STEP : L-R-L,
5 & STEP R TO THE SIDE PUSH HIPS RIGHT, PUSH HIPS LEFT,
6 TURN 90° LEFT TAKE WEIGHT ONTO R & KICK L FORWARD, (3.00)
7 & 8 ## COASTER : STEP L BACK, STEP R TOGETHER, STEP L FORWARD. (3.00)

ACROSS, ROCK-SIDE-ACROSS-SIDE-BEHIND-SIDEACROSS, ROCK-1/4 FORWARD-SHUFFLE FORWARD & BACK

1, 2 & STEP R ACROSS IN FRONT OF LEFT, ROCK ONTO L, STEP R TO THE SIDE,
3 & STEP L ACROSS IN FRONT RIGHT, STEP R TO THE SIDE,
4 & STEP L BEHIND RIGHT, STEP TO THE SIDE,
5, 6 STEP L ACROSS IN FRONT OF RIGHT, ROCK ONTO R,
& TURN 90° LEFT STEP L FORWARD, (12.00)
7 & 8 SHUFFLE FORWARD STEP : R-L-R,
& 1 STEP L TOGETHER, SWEEP TO STEP R BACK. (12.00)

BACK, 1/4 TURN SAILOR, ACROSS, ROCK, FULL TURN TRIPLE 2 SWEEP TO STEP L BACK,

2 SWEEP TO STEP L BACK
3 & 4 TURN 90° RIGHT SAILOR STEP : R-L-R, (3.00)
5, 6 STEP L ACROSS IN FRONT OF RIGHT, ROCK ONTO R,
7 & 8 TRAVEL LEFT TURN 360° LEFT TRIPLE STEP : L-R-L. (3.00)

RESTART THE DANCE

RESTART 1 : On WALL 3 dance to BEAT 8 (#) & RESTART facing 12.00
RESTART 2 : On WALL 4 dance to BEAT 16 (##) & RESTART facing 3.00

Last Update: 15 Aug 2024