Jack Hammer

拍數: 68

1-2

3-8

9-10

11-12

13-14

15-20

21-22

23-24

25-26

27-28

29-32

33-34

35-36

37-38

39-40

41-42

43-44 45-46

47-48

49-50

51-54

牆數: 2



編舞者: Trevor Smith (AUS) & Jill Ager (AUS) 音樂: Paradise Knife and Gun Club - Lonestar Step forward onto heel of right foot, pivot ¼ turn left ending weight on left foot Repeat steps 1-2 three times Kick right foot forward twice Jump slightly changing weight to end on right foot, tap left toe behind Step forward onto heel of left foot, pivot 1/4 turn right ending weight on right foot Repeat steps 13-14 three times Kick left foot forward twice Jump slightly changing weight to end on left foot, tap right toe behind Tap right heel forward, tap right toe back Pivot ½ turn right ending weight on right foot, step left foot beside right Repeat steps 25 to 28 Step left onto left foot twisting right heel & right hip right, step right boot beside left Repeat steps 33-34 Step left onto left foot twisting right heel & right hip right, scuff right foot forward through beside left Step forward 45 degrees right onto right foot, lock left foot across behind right heel Step forward 45 degrees right onto right foot, pivot ½ turn right on ball of right hitching left knee Step forward 45 degrees left onto left foot, lock right foot across behind left heel Step forward 45 degrees left onto left foot, scuff right foot forward through Step forward onto right foot, tap left toe behind right Step backwards onto left foot, tap right toe across in front of left

級數: Intermediate

The following backwards rolling vine is performed as you travel backwards to the right across dance floor with fingers snaps

55-56	Step backwards right onto right foot to commence 1 ½ turn backwards, snap fingers
57-58	Step onto left foot to continue turn, snap fingers
59-60	Step onto right foot to complete turn, snap fingers
61-62	Step forward onto left foot, stomp right foot in beside left
The following toe / heel swivels are performed as you travel a ½ turn circle left across the dance floor	

With weight on heels, swivel both toes left to commence ½ circle turn left
With weight on toes, swivel both heels left to continue ½ circle turn left

65-68 Repeat steps 63-64 until ½ circle turn is completed

Repeat steps 47-50

REPEAT