Jade (My Angel)

拍數: 32

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級數: Intermediate

編舞者: Maggie Gallagher (UK)

音樂: Angel - Gina Jeffreys

1/4 TURN ROCK WITH KICK, SYNCOPATED WEAVE, DIAGONAL ROCK, TRIPLE FULL TURN

Make ¹/₄ turn left rocking right out to right side, swaying hips

You are turning to face 9:00 wall, rocking right towards front wall

- 2 Recover weight to left, kicking right out to right side
- 3&4 Cross right behind left, step left to left side, cross right over left
- 5-6 Rock diagonally forward left on left, recover back onto right
- 7& Start triple step full turn left stepping left, right
- 8 Finish triple full turn crossing left over right

DIAGONAL ROCK, SYNCOPATED WEAVE, ¼ RIGHT, BACK ROCK, ¼ TURN STEP DRAG

- 1-2 Rock diagonally forward right on right. Recover back onto left
- 3&4 Cross right behind left, step left to left side, cross right over left
- & Make ¼ turn right stepping back onto left
- 5-6 Rock back on right, rock forward onto left
- 7-8 Make ¼ turn left, stepping right to right side, drag left in towards right

BACK CROSS HOLD, TRIPLE FULL TURN RIGHT, BACK CROSS HOLD

- &1-2 Step left slightly back, cross right over left, hold
- 3 Make ¼ turn right stepping back on left
- & Make ½ turn right stepping forward onto right
- 4 Make ¼ turn right stepping left to left side
- &5-6 Step right slightly back, cross left over right, hold
- 7 Step right to right side
- 8 Step onto ball of left behind right starting turn left

1/2 TURN LEFT, SKATES FORWARD, LEFT LOCK, FORWARD ROCK, HIP SWAYS

- & Complete 1/2 turn left stepping right beside left
- 1-2 Skate left diagonally forward left, skate right diagonally forward right
- 3&4 Step forward left, lock right behind left, step forward left
- 5-6 Rock forward on right, rock back onto left
- 7-8 Sway out to right side on right, sway to left side on left

REPEAT

TAG

Danced only once following the third wall

- 1-2 Step right to right side, angle body left & point left diagonally forward
- 3-4 Step left to left side, angle body right and point right diagonally forward
- 5-6 Step right to right side, angle body left & point left diagonally forward.
- 7-8 Step left to left side, touch right beside left

For extra styling shoulder rolls can be added when stepping to side





牆數:4