

Jam Too

COPPER KNOB
STEPSHEETS

拍數: 36 牆數: 4 級數: Intermediate
編舞者: Unknown
音樂: It Could've Been Me - Billy Ray Cyrus



WIGGLE

1-4 Wiggle hips to 4 beats of music

WALK

5-7 Walk forward right, left, right

8 Kick left foot forward

9-11 Walk backward left, right, left

12 Touch right toe behind

13-15 Walk forward right, left, right

16 Bring left together with right

SKATE LEFT

17 Turn $\frac{1}{4}$ turn to left and step forward on left foot

18 Bring right foot up next to left

19 Step forward on left foot

20 Bring right foot to meet left while making a $\frac{1}{2}$ turn to left to face the opposite wall

SKATE RIGHT

21 Step forward on right foot

22 Bring left up to meet right

23 Step forward on right foot

24 Bring left foot up to meet right while making $\frac{1}{4}$ turn to left (you should be facing front wall)

TWISTS

25-28 (with weight on balls of both feet) twist body and heels to right, center, left, center

PULLS LEFT

29-30 Step left foot to side while grabbing an imaginary waist high bar with both hands and "pull" your hips towards it twice

PULLS RIGHT

31-32 Twist body to right while "pulling" your hips towards the imaginary bar twice (weight change to right foot on 2nd "pull")

TURN

33 Step forward on left foot and turn $\frac{1}{4}$ turn to left at same time

34 Step forward on right

35 Rock back on left

36 Kick right foot forward

REPEAT