D.W. "Mind" Jammin'

級數: Intermediate

編舞者: Derrick Walker (USA)

音樂: Favorite State of Mind - Josh Gracin

KNEE KNOCKS (WITH HITCHHIKES)

拍數: 64

- 1-4 With feet together knock knees in and out starting with knees knocking in (point left thumb to the left like your hitching a ride)
- 5-8 Repeat 1-4 (point right thumb to the right)

MONTEREY TURNS

- 9 Touch right toe to right
- 10 Pivot ¹/₂ turn right on ball of left and step together right
- 11-12 Touch left toe to side, step together left

PIGEON TOES

13 Side step left pointing toes outwards	
--	--

- 14 Shift weight to left toe and right heel and fan left heel out and right toe in
- 15 Shift weight to left heel and right toe and fan left toe out and right heel in
- 16 Shift weight to left toe and right heel and fan left heel out and right toe in
- 17-20 Repeat traveling right

MONTEREY TURNS

21-24 Repeat 9-12

SCOOT, SCOOT, WALK, WALK, REPEAT

- 25-26 Scoot left foot forward twice while right knee is hitched
- 27-28 Step forward right foot, step forward left foot
- 29-32 Repeat 25-28

STEP, SLAP, STEP, SLAP, VINE RIGHT WITH ¼ TURN

- 33-34 Step right foot to right side, kick left foot behind right while slapping your boot with your right hand
- 35-36 Step left foot to left side, kick right foot behind left while slapping your boot with your left hand
- 37-40 Step right foot to right side, step left foot behind right foot, step right foot forward making ¹/₄ turn right, step left next to right

HEEL/TOE, TOE STRUT

- 41-42 With weight on both feet you will have your heels facing outward and your toes facing inward, bring to center
- 43-44 With weight on both feet you will have your heels facing inward and your toes facing outward, bring to center
- 45-46 Touch ball of right forward, step down on right heel
- 47-48 Touch ball of left forward, step down on left heel

WALK, WALK, WALK, KICK, REPEAT

- 49-50-51 Making ¼ turn right, walk forward right, left, right
- 52 Kick left foot forward while making ½ turn left
- 53-54-55 Walk forward left, right, left
- 56 Kick right foot forward while making ¼ turn right

ROCKS, ¾ TURN STEPS





牆數:2

57-58	Rock right foot forward,	recover on left foot

- Rock right foot backward, recover of left foot 59-60 61
- Step right foot forward, making 1/4 turn left Step on left foot making 1/2 turn left
- 62
- Step in place right, left 63-64

REPEAT