

Easy Joint

拍數: 32 牆數: 2 級數: Beginner
編舞者: Teresa Lawrence (UK) & Vera Fisher (UK)
音樂: Rock This Joint - Charlie Daniels



We have counted the timing for this dance as 1/2 time (101 bpm) to make the step sheet easier to read & the steps slower & easier to do. You can do this dance to 202 bpm which would be very fast but more fun

HEEL DIGS

1-4 Dig right heel forward, step right next to left, dig left heel forward, step left next to right
5-8 Repeat above 4 counts

2 JAZZ BOXES

1-4 Cross right over left, step back on left, step right slightly to right side, step slightly forward on left
5-8 Cross right over left, step back on left, step right slightly to right side, step left next to right

STEP CLAPS

1-4 Step forward on right to slight right diagonal, touch left next to right & clap, step back on left to slight left diagonal, touch right next to left & clap
5-8 Step back on right to slight right diagonal, touch left next to right & clap, step forward on left to slight left diagonal, touch right next to left & clap

2 ¼ TURNING MONTEREY TURNS

1-4 Touch right toe to right side, making ¼ turn right step right next to left, touch left toe to left side, step left next to right
5-8 Repeat above counts 1-4

REPEAT
