

Circle Jerk

拍數: 36 牆數: 0 級數:
編舞者: Unknown
音樂: Poor Boy Shuffle - The Tractors



This dance is done in concentric circles. The inner circle uses the footwork given here. The outer circle starts with the left foot and does all footwork on the opposite foot. Both circles are advancing toward the center in the second set of 8

RIGHT TOE, HEEL, TRIPLE, LEFT TOE, HEEL TRIPLE

1-2 Touch right toe in towards left, touch right heel in towards left
3&4 Triple step right, left, right
5-6 Touch left toe in towards right, touch left heel in towards right
7&8 Triple step left, right, left

STEP, SCUFF X4

1-2 Step right, scuff left
3-4 Step left, scuff right
5-6 Step right, scuff left
7-8 Step left, scuff right

As you are traveling toward the center of the circle, either raise your arms to the other dancer's shoulders or more dramatically, raise both arms and circle them down to the other dancers' shoulders

STEP BACK, BACK, TRIPLE STEP

1-2 Step backward right, left
3&4 Triple step right, left, right

VINE LEFT, TRIPLE STEP, 2 HALF TURNS

1-2 Step left foot to left side, cross right foot behind left
3&4 Triple step left, right, left
5-6 Step forward right, pivot half to left
7-8 Step forward right, pivot half to left

VINE RIGHT WITH HALF TURN RIGHT, VINE LEFT WITH HALF TURN LEFT

1-4 Step right to right, step left behind right, step right to right, hitch left as you turn ½ right
5-8 Step left to left, step right behind left, step left to left, hitch right as you turn ½ left

REPEAT