All That Jazz

拍數: 0

級數: Improver

編舞者: Ira Weisburd (USA)

音樂: All That Jazz - Ute Lemper

Sequence: AA(only two jumps back), B, A(no jumps back), A(1-24), ENDING

牆數: 1

SECTION A

POINT CROSS, POINT CROSS

- 1-2 Step forward on right, point left to left
- 3-4 Step forward on left, point right to right
- 5-8 Repeat 1-4

WALK BACK THREE, HIP, HIP, HIP

- 1-4 Walk back right-left-right, hold
- 5-8 Bump hips left-right-left, hold

CROSS STEPS TO LEFT

- 1-2 Step right foot in front of left, step left foot to left
- 3-8 Repeat three more times

POINT, POINT, LIFT, LIFT

- 1-4 Point right foot diagonally right, point right foot in place, repeat
- 5-8 Lift right knee up, lower right knee, repeat

CROSS STEPS TO RIGHT

- 1-2 Step left foot in front of right, step right foot to right
- 3-8 Repeat three more times

POINT, POINT, LIFT, LIFT

- 1-4 Point left foot diagonally left, point left foot in place, repeat
- 5-8 Lift left knee up, lower left knee, repeat

CIRCLE RIGHT, JUMP BACK WITH CLAPS

- 1-4 Make complete circle in four steps right-left-right-left
- 5& Jump back, clap
- 6&7&8& Repeat three more times

SECTION B

SHIMMY RIGHT, SHIMMY LEFT, SHIMMY RIGHT, SHIMMY LEFT

- 1-2 Step right and shimmy, close with left foot
- 3-4 Step left and shimmy, close with right foot
- 5-8 Repeat 1-4

SKATE RIGHT, SKATE LEFT (DONE ON A DIAGONAL, NO DIRECTIONAL CHANGE)

- 1-4 Step right foot to right side, close left, repeat
- 5-8 Step left foot to left side, close right, repeat

FOUR STEP CLOSES TO RIGHT (WITH HAND WAVES IN CONTINUOUS CIRCLE)

1-8 Step right, close left, repeat three times

FOUR STEP CLOSES TO LE FOOT (WITH HAND WAVES IN CONTINUOUS CIRCLE)



1-8 Step left, close right, repeat three times

TWO STEP CLOSES TO RIGHT, TWO STEP CLOSES TO LEFT

With hand waves in continuous circle

- 1-4 Step right, close left, step right, close left (wave right hand in circular movement)
- 5-8 Step left, close right, step left, close right (wave left hand in circular movement)

CIRCLE RIGHT, JUMP BACK WITH CLAPS

- 1-4 Starting right, make complete circle in four steps
- 5&6&7&8 Jump back on five, clap on &, repeat three more times

ENDING

POINT, POINT, LIFT, LIFT

- 1-4 Point right foot diagonally right and point in place, repeat
- 5-8 Lift right knee up, step right foot down, and present left heel forward and hold for one count. (both arms outstretched with flourish!)