Jig A Jig (aka Dancing Dervish)

級數: Intermediate

編舞者: William Sevone (UK)

拍數: 32

音樂: Jig a Jig - East of Eden

Dance starts after the drums and when the fiddle come in.

Originally Choreographed to: Paint it black (160 bpm) - Rolling Stones (40 Licks)

Note: Jig A Jig was originally the alternative piece of music to this dance.. and as Paint It Black was too fast n furious for some dancers? Whichever music you choose, the dance with its Gaelic or Eastern flavoured urgency is certainly NOT for the feint hearted. As it nears the end, the music of Jig A Jig could test your dancing athleticism to the utmost limits ? even more than PIB maybe.

Side Rock. Rock. 3x 1/2 Hitched Turn-Side (6:00)

- 1-2 Rock right to right side. Rock onto left.
- 3-4 (hitching right knee) Turn 1/2 right. Step right to right side (6:00).
- 5-6 (hitching left knee) Turn 1/2 right. Step left to left side (12:00).
- 7-8 (hitching right knee) Turn 1/2 right. Step right to right side.
- Note: On turning counts raise heel and drop heel to create 'bounce'.

1/4 Right Rock. Rock. 1/2 Left Fwd. 1/4 Left Side. Full Turn. 1/4 Left Coaster (9:00).

- 9-10 Turn 1/4 right & rock forward onto left . Rock onto right (9:00).
- Note: Count 9: bend knee s. Count 10: straighten knees.
- 11-12 Turn 1/2 left & step forward onto left. Turn 1/4 left & step right to right side (12:00).
- 13-14 Turn 1/2 left & step left to left side. Turn 1/2 left & step right to right side (12:00).
- 15&16 Turn 1/4 left & step backward onto left, step right next to left, step forward onto left.

Fwd. 1/2 Left Hitch Sweep. 2x Bwd-Hitch Sweep. Bwd. 1/4 Right Side (6:00).

- 17-18 Step forward onto right. Turn 1/2 left & hitch sweep left to left side (3:00).
- 19-20 Step backward onto left. Hitch sweep right to right side
- 21-22 Step backward onto right. Hitch sweep left to left side
- 23-24 Step backward onto left. Turn 1/4 right & step right to right side.
- Note: The hitched sweeps are slightly arced.

Cross Kick. 1/4 Left Fwd. 1/4 Left Side. Behind. Side. 1/4 Right Fwd. 1/4 Right Behind. Rock (6:00).

- 25-26 Kick left across right leg. Turn 1/4 left & step forward onto left (3:00)
- 27-28 Turn 1/4 left & step right to right side. Cross step left behind right (12:00).
- 29-30 Step right to right side. Turn 1/4 right & step forward onto left (3:00)
- 31-32 Turn 1/4 right & cross step right behind left. Rock left to left side.





牆數: 2