

Jed's Dance

Count: 48

Wand: 2

Ebene:

Choreograf/in: Jodi Page (AUS)

Musik: Hillbilly Rap - Neal McCoy



- 1-2 Stepping forward on right push hips forward twice (pushing both hands down to hips twice)
3-4 Stepping forward on left push hips forward twice (pushing both hands down to hips twice)

RUNNING MAN STEPS

- &5 Scoot back on left hitching right, step right forward
&6 Scoot back on right hitching left, step left forward
&7 Scoot back on left hitching right, step forward on right
&8 Scoot back on right hitching left, step left forward
- 1-8 Repeat above 8 counts
- 1-4 Step right to right side, rock weight onto left, hitch right, step right across left
5-8 Step left to left side, rock weight onto right, hitch left, step left across right
- 1-4 Unwind $\frac{3}{4}$ turn right (2 counts), shuffle forward right-left-right
&5-6 Step left forward, step right forward (feet slightly apart), slap both hands on bottom
7-8 Roll hips in an to the left roll for 2 counts
- & Step left back
1-4 Body roll down for two counts, body roll up for two counts
If body roll up and down cannot be done a single body roll with a hold will do
5-8 Step left to left, step right beside left, step left to left, touch right beside left
- 1-4 (Turning $\frac{3}{4}$ turn right) step onto right turning $\frac{1}{4}$ turn right, step onto left turning $\frac{1}{4}$ turn right, step onto right turning $\frac{1}{4}$ turn right, touch left beside right
5-6 Step back on left, step back on right
7&8 Coaster step: step left back, step right beside left, step forward left

REPEAT
