

J-Walk

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Sue Lipscomb (USA)

Musik: Walking to Jerusalem - Tracy Byrd



ROCKS, TRIPLE STEPS:

- 1-2 Step forward on right heel, rock back left
- 3&4 Triple-step in place - right, left, right
- 5-6 Step forward on left heel, rock back right
- 7&8 Triple-step in place - left, right, left

PIVOT, KNEE PUSHES:

- 9-10 Step forward right pivoting $\frac{1}{4}$ turn to left, step left
- 11-12 Stomp right, stomp left
- 13-14 Push right knee forward with right heel raised, hold
- 15-16 Bringing right knee back, push left knee forward with left heel raised, hold

FORWARD, $\frac{1}{2}$ TURN, BACKWARD:

- 17-18 Walk forward right, walk forward left
- 19-20 Walk forward right, pivot $\frac{1}{2}$ turn to left on balls of both feet keeping weight on right
- 21-22 Walk back left, walk back right
- 23-24 Walk back left, touch right toe beside left

Hitchhiker: During backward walk raise right hand to shoulder height sticking thumb out pointed backwards. Move right hand and thumb 4 times in a backward motion as if trying to hitch a ride.

CROSS STEPS, $\frac{1}{2}$ PIVOT:

- 25-26 Touch right toe to right side, cross step right over left
- 27-28 Touch left toe to left side, cross step left over right
- 29-30 Touch right toe to right side, cross step right over left
- 31-32 Pivot $\frac{1}{2}$ turn to left on balls of both feet, hold clapping hands

REPEAT
