

Jet Lag

Compte: 0

Mur: 1

Niveau: Intermediate/Advanced



Chorégraphe: Masters In Line (UK)

Musique: These Words - Natasha Bedingfield

Sequence: ABCA CC BB CC A

PART A

CROSS, SIDE, BEHIND & HEEL, & CROSS ½ TURN, PUSH LEFT, RIGHT

- 1-2 Step right across (in front of) left, step left to left side
- 3&4 Step right behind left, step left to left side, tap right heel forward (to right diagonal)
- &5-6 Step on ball of right foot slightly to right side, step left across (in front of) right, make ½ turn left and step right to side (traveling toward 3:00)
- 7-8 Step left to left side pushing hip to left, step right to right side (in place) pushing hip to right

HITCH, SIDE, BEHIND & CROSS, SIDE ROCK & CROSS, ¾ TRIPLE

- 1-2 Transfer weight to left foot and hitch right leg up, step right to right side
- 3&4 Step left behind right, step right to right side, step left across (in front of) right
- 5&6 Rock right to right side, replace weight to left, step right across (in front of) left
- 7&8 Make ¼ turn right and step left back, make ½ turn right and step right forward, step left forward

ROCK RECOVER, COASTER STEP, SIDE ROCK & CROSS, FULL MONTEREY TURN

- 1-2 Rock right forward, recover weight to left
- 3&4 Step right back, step left next to right, step right forward
- 5&6 Rock left to left side, replace weight to right, step left across (in front of) right
- 7-8-1 Point right to right side, make full turn right and step right next to left, point left to left side

CROSS, SIDE BEHIND ¼, STEP, TOUCH, ½ TURN, SHUFFLE FORWARD

- 2 Step left across (in front of) right
- 3&4 Step right to right side, step left behind right, make ¼ turn right and step right forward
- 5&6 Step left forward, touch right toe next to left heel, make ½ turn right and step right forward
- 7&8 Step left forward, step right next to left, step left forward

PART B

BRUSH, CROSS, BACK, SIDE SHUFFLE, BRUSH, CROSS, BACK, 1 ¼ TRIPLE

- &1-2 Brush right forward hitching knee, step right across (in front of) left, step left back
- 3&4 Step right to right side, close left next to right, step right to right side
- &5-6 Brush left forward hitching knee, step left across (in front of) right, step right back
- 7&8 Make ¼ turn left and step left forward, make ½ turn left and step right back, make ½ turn left and step left forward

BRUSH, STEP ½ TURN, FORWARD SHUFFLE, BRUSH, STEP ½ TURN, FORWARD SHUFFLE

- &1-2 Brush right forward hitching knee, step right forward, make ½ turn left and step left forward
- 3&4 Step right forward, close left next to right, step right forward
- &5-6 Brush left forward hitching knee, step left forward, make ½ turn right and step right forward
- 7&8 Step left forward, close right next to left, step left forward

KNEE ROLLS, STEP, ½, SHUFFLE FORWARD, KNEE ROLLS, STEP, ¼, SIDE ROCK & CROSS

- &1 Roll right knee from left to right and step on right, roll left knee from right to left and step on left
- 2 Step right forward

- 3&4 Make ½ turn left and step left forward, close right next to left, step left forward
- &5 Roll right knee from left to right and step on right, roll left knee from right to left and step on left
- 6 Step right forward
- 7&8 Make ¼ turn left and rock left to left side, recover weight to right, step left across (in front of) right

PART C

SIDE ROCK RECOVER, CROSS SHUFFLE, SIDE ROCK RECOVER, ½, ½, ½

- 1-2 Rock right to right side, recover weight to left
- 3&4 Step right across (in front of) left, close left next to but slightly behind right, step right across (in front of) left
- 5-6 Rock left to left side, recover weight to right
- 7-8-1 Make ½ turn left and step left to left side, make ½ turn left and step right to right side, make ½ turn left and step left to left side

CROSS ROCK RECOVER, STEP ¼, ¾ BALL-STEP TURN

- 2-3-4 Rock right across (in front of) left, recover weight to left, make ¼ turn right and step right forward

Making a ¾ turn right over the next four counts

- &5 Step ball of left foot next to but slightly behind left, step right
- &6 Step ball of left foot next to but slightly behind left, step right
- &7 Step ball of left foot next to but slightly behind left, step right
- &8 Step ball of left foot next to but slightly behind left, step right

SIDE ROCK RECOVER, CROSS SHUFFLE, SIDE ROCK RECOVER, ½, ½, ½

- 1-2 Rock left to left side, recover weight to right
- 3&4 Step left across (in front of) right, close right next to but slightly behind left, step left across (in front of) right
- 5-6 Rock right to right side, recover weight to left
- 7-8-1 Make ½ turn right and step right to right side, make ½ turn right and step left to left side, make ½ turn right and step right to right side

CROSS ROCK RECOVER, STEP ¼, ¾ BALL-STEP TURN

- 2-3-4 Rock left across (in front of) right, recover weight to right, make ¼ turn left and step left forward

Making a ¾ turn left over the next four counts

- &5 Step ball of right foot next to but slightly behind left, step left
 - &6 Step ball of right foot next to but slightly behind left, step left
 - &7 Step ball of right foot next to but slightly behind left, step left
 - &8 Step ball of right foot next to but slightly behind left, step left
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