

Jacob

拍数: 48 墙数: 2 级数: Upper Beginner
编舞者: Antoinette John (AUS) - March 2016
音乐: Jacob's Ladder - Mark Wills : (Album: Mark Wills - 3:05)



Count In: 32 beats - weight on left foot. □ Restarts: 1

FORWARD, HITCH, BACK, HOLD, COASTER STEP, HOLD □(12) □ □

1,2,3,4 Step fwd on R, hitch L, step back on L, hold
5,6,7,8 Step back on R, step L tog, step fwd on R, hold

HEEL, TOGETHER, HEEL TOGETHER, TWIST, TWIST, TWIST, TWIST

1,2,3,4 Step L heel fwd, step L tog, step R heel fwd, step R tog
5,6,7,8 Twist R, L, R, L

VINE RIGHT, HEEL, VINE LEFT, SCUFF

1,2,3,4 Step R to side, step L behind, step R to side, heel L to side
5,6,7,8 Step L to side, step R behind, step L to side, scuff R

FORWARD, TOUCH, BACK, TOUCH, BACK, TOUCH, FORWARD, SCUFF

1,2,3,4, Step fwd 45 deg on R, touch L, step back 45 deg on L, touch R
5,6,7,8 Step back 45 deg on R, touch L, step fwd 45 deg on L, scuff R

STEP, LOCK, STEP, HOLD, STEP, LOCK, STEP, TOUCH

1,2,3,4 Step fwd on R, lock L behind R, step fwd on R, touch L,
5,6,7,8 Step fwd on L, lock R behind L, step fwd on L, touch R tog

VINE RIGHT, ½ TURN HITCH, VINE LEFT, TOUCH □ □ □ (6)

1,2,3,4 Step R to side, step L behind, step R to side, ½ right turn hitch L
5,6,7,8 Step L to side, step R behind, step L to side, touch R tog.

RESTART: □ WALL 5 (12)

Dance first 7 beats, step L tog and restart.

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