

Jingle Bell Rock (AB)

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Molly Yeoh (MY) - November 2016
音乐: Jingle Bell Rock (Glee Cast Version) - Glee Cast : (iTunes)



Intro: 16 counts

WALK UP HITCH (CLAP), WALK BACK HITCH(CLAP)

1 2 3 4 Walk up R L R, L hitch (with slight jump& clap)@ 4
5 6 7 8 Walk back L R L, R hitch(with slight jump & clap)@ 8

WALK TO RIGHT HITCH(CLAP), WALK TO LEFT HITCH(CLAP)

1 2 3 4 R side step R, L follow, R step R, L(with slight jump hitch & clap) @ 4
5 6 7 8 L side step L, R follow, L step L, R with slight jump hitch & clap @ 8

STEP KICKS

1 2 3 4 Step R down, L kick fwd, L step down, R kick fwd
5 6 7 8 Step R down, L kick fwd, L step down R kick fwd

SWAY HIPS, ¼ LEFT TURN

1 2 3 4 R step down & sway(shake) hips to R @ 1, sway to L @ 2,sway to R @3, sway to L @ 4
5,6,7,8 R step down beside L, L step together, L ¼ turn with R step down, L step together

Start again!

ENJOY AND MERRY CHRISTMAS!

(Demo was published way back year 2013, now coming up with stepsheet upon request)

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