

Jesus In LA

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - February 2020
音乐: Jesus in LA - Alec Benjamin : (iTunes)



Start: On the word "hands" (start immediately)

[S1] Fwd, Heel-&-Touch-&-Heel, Drop/Push-Recover, 1/4L Shuffle Fwd

1 2& Step forward on R, L heel forward, Step L in place
3&4 Touch R toe next to L, Step slightly back on R, L heel forward
5 6 Drop L toe down (rock forward on L), Recover weight on R
7&8 Make a ¼ turn left stepping forward on L, Step R next to L, Step forward on L** (9:00)

[S2] Fwd Rock, 1/2R Shuffle Fwd, 1/2R, 1/4R, Paddle Turn-Fwd

1 2 Rock forward on R, Recover weight on L
3&4 Make a ½ turn right shuffle forward RLR
5 6 Make a ½ turn right stepping back on L, Make a ¼ turn right stepping forward on R
7&8 Step forward on L, Make a ¼ turn right recover weight on R, Step forward on L (3:00)

[S3] Push Fwd-Recover, Run Back, Push Back-Recover, 1/4R Scissor Cross

1 2 Push/rock forward on R, Recover weight on L
3&4 Run back RLR
5 6 Push/rock back on L, Recover weight on R
7&8 Make a ¼ turn right stepping L to the side, Step R next to L, Cross L over R*** (6:00)

[S4] Sway-Sway, Cross-Side Rock, Cross-3/4L Turn into Shuffle Fwd

1 2 Step R to the side and sway to the right, Sway to the left
3&4 Cross R over L, Rock L to the side, Recover weight on R
5 6 Cross L over R, Make a ¼ turn left stepping back on R
7 8 Make a ½ turn left shuffle forward LRL (9:00)

Restart on Wall 3 count 24* (12:00) –on count 24: Instead of Cross L over R, Step forward on L**

Restart +Tag: Wall 6 count 8 + 32 count tag**

Tag (Starts at 3:00 and finishes at 12:00):

Step/Sweep, Cross Side, Back/ Sweep, Behind, 1/4L, Fwd, Recover-Back-Back, Back, Recover-Fwd-Fwd

1 2 Step forward on R sweeping L around R over 2 counts
3 4 Cross L over R, Step R to the side (3:00)
5 6 Step back on L sweeping R around L over 2 counts
7 8 Step R behind L, Make a ¼ turn left stepping forward on L (12:00)

1 2& Rock/step forward on R (1 2), Recover weight on L (&)
3 4 Step back on R, Step back on L
5 6& Rock/step back on R (5 6), Recover weight on L (&)
7 8 Step forward on R, Step forward on L

Basic NC Step R-L, 2x Step-Pivot 1/2R-Fwd-Fwd

1 2 Step R to right over 2 counts
3 4 Rock L behind R, Recover weight on R
5 6 Step L to left over 2 counts
7 8 Rock R behind L, Recover weight on L

1 2 Step forward on R, Make a ½ turn left recover weight on L (6:00)

3 4 Step forward on R, Step forward on L
5 6 Step forward on R, Make a ½ turn left recover weight on L (12:00)
7 8 Step forward on R, Step forward on L

Ending: Starts at 6:00

7&8 Make a ½ turn left stepping forward on L, Step R next to L, Step forward on L (12:00)

**Please feel free to contact me if you need any further information.(hirokoinedancing@gmail.com)
(updated: 5/Feb/20)**
