

My Girl Josephine

拍数: 48 墙数: 4 级数: Low Intermediate
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音乐: My Girl Josephine - Jump4Joy



Start: Quick start (3 seconds) - Hello Jos-e - then Start on "phine"

Section 1: Walk, Walk, &Side Rock Cross, 1/8 Paddle Turn 2x with Hip Roll

1-2 RF step forward, LF step forward
&3-4 RF step side (&), Recover on LF (3), RF cross over LF
5-6 LF touch forward, 1/8 turn R and roll your hip (weight on RF) [1:30]
7-8 LF touch forward, 1/8 turn R and roll your hip (weight on RF) [3:00]

Section 2: Toe Strut 2x, 1/4 L Jazz Box with Cross

1-2 LF Touch forward, drop Heel
3-4 RF Touch forward, drop Heel
5-6 LF Cross over RF, 1/4 turn L step RF back [12:00]
7-8 LF step side, RF cross over LF

Section 3: Side-hold, Ball Side, Touch, Side-hold, Ball Side, Close

1-2 LF step side, hold
&3-4 RF step close to LF, LF step side, RF Touch
5-6 RF step side, hold
&7-8 LF step close to RF, RF step side, LF close (weight on LF)

Section 4: 1/4 R Heel grind, Back Rock, 1/4 R Heel grind, Back Rock

1-2 RF Heel touch forward, grind 1/4 right (weight on LF) [3:00]
3-4 RF rock back, recover on LF
5-6 RF Heel touch forward, grind 1/4 right (weight on LF) [6:00]
7-8 RF rock back, recover on LF

Section 5: Step fwd., Point, Step fwd., Point, 1/4 R Syncopated Jazz Box with Cross

1-2 RF step forward slightly crossed over LF, LF point side
3-4 LF step forward slightly crossed over RF, RF point side
5-6 RF Cross over LF, hold
&7-8 1/4 R LF back (&), RF step side, LF cross over RF [9:00]

Section 6: Syncopated Sailor Steps 2x diagonally fwd., Out, Hip Rolls

1-2 RF step diagonally forward, LF cross behind
&3&4 RF step side (&), LF step diagonally forward (3), RF cross behind (&), LF step diagonally fwd. (4)
&5-6 RF step diagonally forward (&), LF step side (5), Roll Left Hip out
7-8 Hip-Roll counter clockwise