

Jerusalemema EZ

拍数: 24 墙数: 4 级数: Beginner
编舞者: Kady SANE (FR), Martine FOURNIER (FR), Cathy DENIS (FR), Lydie BAYO (FR) & Marie-France DESSAUGE (FR) - July 2020
音乐: Jerusalemema (feat. Nomcebo Zikode) - Master KG



Start the dance after 32 counts - No tags -No restarts

Section 1 (for women) : STOMP L, HIP BUMP, SWITCH (&), STOMP R, HIP BUMP, SWITCH (&)

1 Stomp L diagonally fwd
2, 3, 4 Raise Hip bump 3 time
& Ball step L next to R
5 Stomp R diagonally fwd
6, 7, 8 Raise Hip bump
& Ball step R next to L

Counts 1 -8 (for mens) : STOMP L, HEEL BOUNCES, SWITCH (&), STOMP RIGHT, HEEL BOUNCES, SWITCH (&)

Section 2 : HELL SWITCHES L R L R, BALL (&), CROSS L OVER R ¼ OVER L, R VINE (*) (9.00)

1&2 L Heel Fwd, Switch weight on L (&), R Heel Fwd
&3 Switch weight on R, R Heel Fwd,
&4 Switch weight on L (&), R Heel Fwd,
&5 Switch weight on R, Turn ¼ over L crossing L over R, (9.00)
6, 7, 8 Step R to Side, Cross L behind R, Step R to Side

(*) easy options counts 6,7,8 :

SIDE , CROSS, SIDE :

Step R to Side, Cross L Over R, Step R to Side

SIDE R, TOGETHER, SIDE R :

Step R to Side, L together, Step R to Side

Section 3 : TOUCH TOE (), L VINE (***), TOUCH R (**), WALK BACK**

1 Touch L toe to L
2, 3, 4 Step L to Side, Cross R behind L, Step L to Side
5 Touch R toe to R
6, 7, 8 Walk Back R, L, R

() Option with hip bump but not compulsory**

(*) easy options count 2,3,4 :**

SIDE L, CROSS R OVER L, SIDE L

Step L to Side, Cross R Over L, Step L to Side

SIDE L, TOGETHER SIDE L

Step L to Side, R together, Step L to Side

It's up to you to dance now and have a fun !!!

Stepsheet written by Martine Fournier, Cathy Denis, Marie France Dessauge & Kady Sané

Thanks to Lydie Bayo for his precious help

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