

Jane

拍数: 64 墙数: 0 级数: Phrased Intermediate / Advanced
编舞者: Antonio Manigas (IT) - January 2024
音乐: Jane - Ryan Kinder



Sequence : A-A-Tag-B-B-A-A-B-B-A-A-B-B-A-STOMP RIGHT

PART A

S1A) TOES STRUT R.& L.,KICK R.,HOOK R.,KICK R.,STOMP UP R.

- 1 – 2 Step Right Forward And Touch Toe Right, Drop Right Heel And Taking Weight
- 3 – 4 Step Left Forward And Touch Left Toe , Drop Left Heel And Taking Weight
- 5 – 6 Step Right Forward And Kick, Step Right Over Left And Hook Right
- 7 – 8 Step Right Forward And Kick , Stomp Up Right Beside Left

S2A) SWIVEL RIGHT FOOT R.,SWIVET L.,HEEL SIDE R.,HOOK R.

- 1 – 2 Swivel Right Foot To Right Side (Toe,Heel)
- 3 – 4 Swivel Right Foot Toe Right To Right Side, Return To Centre
- 5 – 6 Taking Weight Onto Left Heel And Right Toe Swivel Both Toes To Left Side , Return Feet To Centre
- 7 – 8 Heel Left To Left Side , Step Left Behind Right And Hook Left

S3A) TURN ¼ L. LOCK STEP,SCUFF R.,ROCK RECOVER,TOE STRUT R.

- 1 – 2 Turn ¼ To Left Side (09:00) Step Left Forward , Lock Step Right Behind Left
- 3 – 4 Step Left Forward , Scuff Right Beside Left
- 5 – 6 Step Right Forward , Return To Left
- 7 – 8 Step Right Backward And Toe Strut , Drop Right Heel And Taking Weight

S4A) TURN ½ TOE STRUT L.,TURN ½ TOE STRUT R.,TURN ¼ TOE STRUT L.,TWO STOMP UP R.

- 1 – 2 Turn ½ To Left Side (03:00) Step Left Forward And Toe Strut , Drop Left Heel And Taking Weight
- 3 – 4 Turn ½ Back (09:00) Step Right Backward And Toe Strut , Drop Right Heel And Taking Weight
- 5 – 6 Turn ¼ Left Side (06:00) And Step Left Forward , Drop Left Heel And Taking Weight
- 7 – 8 Two Stomp Up Right Beside Left

TAG

ST1) HEEL STRUT R.&L.,ROCK RECOVER,TURN ½ STEP R.,STOMP L.

- 1 – 2 Step Right Forward And Heel Right , Drop Right Toe And Taking Weight
- 3 – 4 Step Left Forward And Heel Left , Drop Left Toe And Taking Weight
- 5 – 6 Step Right Forward , Return To Left
- 7 – 8 Turn ½ to Right (06:00) And Step Right Forward , Stomp Left And Taking Weight

PART B

SB1) (JUMPING)ROCK R.,FLICK R.,ROCK R. ,FLICK L.,ROCK BACK L.,ROCK BACK L.

- 1 – 2 (Jumping) Step Right Diagonally Forward , Return Back And Flick Right
- 3 – 4 (Jumping) Step Right Backward , Return Back And Flick Left
- 5 – 6 (Jumping) Step Left Backward And Kicking Step Right Forward, Return To Right
- 7 – 8 (Jumping) Step Left Backward And Kicking Step Right Forward , Return To Right

SB2) (JUMPING)KICK L.,TWO KICK R.,TURN ½ FLICK L.,KICK L.FLICK R.,STOMP UP R.

- 1 – 2 (Jumping) Step Left Forward And Kick , Return To Left And Taking Weight
- 3 – 4 (Jumping) Step Right Forward And Twice Kick Right
- 5 – 6 (Jumping) Return To Right And Turn ½ And Flick Left ,Step Left Forward And Kick

7 – 8 (Jumping) Return To Left And Flick Right , Stomp Up Right

SB3) (JUMPING) JAZZ BOX R.& L.,STOMP UP R.

1 – 2 (Jumping) Step Right Forward And Kick , Cross Step Right Over Left And Flick Left

3 – 4 (Jumping) Step Left Backward And Kicking Step Right Forward , Return To Step Right Back And Kicking Step Left Forward

5 – 6 (Jumping) Cross Step Left Over Right And Flick Right , Step Right Backward And Kicking Step Left Forward

7 – 8 (Jumping) Step Left To Side , Stomp Up Right

SB4) (JUMPING) KICK R.,FLICK L.,KICK .,ROCK BACK,FLICK R.,KICK L.,STEP L.,STOMP R.

1 – 2 (Jumping) Step Right Forward And Kick, Cross Right Over Left And Flick Left

3 – 4 (Jumping) Step Right Forward And Kick , Step Right Backward And Kicking Step Left Forward

5 – 6 (Jumping) Return To Left And Flick Right , Step Right Backward And Kicking Step Left Forward

7 – 8 (Jumping) Return To Left And Taking Weight , Stomp Right
