

Nickajack

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Gloria Johnson (USA)
音乐: Nickajack - River Road



RIGHT HEEL AND TOE TOUCHES

- 1-2 Tap right heel forward twice
- 3-4 Tap right toe back twice
- 5-6 Tap right heel forward once; cross-touch right toe over left foot
- 7-8 Tap right heel forward once; step right foot beside left.

LEFT HEEL AND TOE TOUCHES

- 9-10 Tap left heel forward twice
- 11-12 Tap left toe back twice
- 13-14 Tap left heel forward once; cross-touch left toe over right foot
- 15-16 Tap left heel forward once; step left foot beside right.

STEP-SLIDE, STEP-JUMP

- 17-18 Step right foot forward; slide left foot to right
- 19-20 Step right foot forward; jump forward landing on both feet.

"NICKAJACK" STEP (AKA APPLEJACKS)

- 21 With weight on right toe and left heel, swivel right heel and left toe to the left
- 22 With weight still on right toe and left heel, swivel right heel and left toe back to home position
- 23 Switching weight to right heel and left toe, swivel right toe and left heel to the right
- 24 With weight still on right heel and left toe, swivel right toe and left heel back to home position
- 25 Switching weight to right toe and left heel, swivel right heel and left toe to the left
- 26 With weight still on right toe and left heel, swivel right heel and left toe back to home position
- 27 Switching weight to right heel and left toe, swivel right toe and left heel to the right
- 28 With weight still on right heel and left toe, swivel right toe and left heel to the right.

Each swivel is done on a bass count rather than on the half-count. Dancers who do applejacks double time may do so as a variation to the printed steps.

JAZZ BOX WITH ½ TURN; STEP-SLIDE, STEP-JUMP

- 29-30 Cross-step right foot over left; step left foot back
- 31-32 Spinning ½ turn right, step on right foot; step left foot beside right
- 33-34 Step right foot forward; slide left foot to right
- 35-36 Step right foot forward; jump forward on both feet.

"NICKAJACK" STEP (AKA APPLEJACK STEP)

- 37 With weight on right toe and left heel, swivel right heel and left toe to the left
- 38 With weight still on right toe and left heel, swivel right heel and left toe back to home position
- 39 Switching weight to right heel and left toe, swivel right toe and left heel to the right
- 40 With weight still on right heel and left toe, swivel right toe and left heel back to home position
- 41 Switching weight to right toe and left heel, swivel right heel and left toe to the left
- 42 With weight still on right toe and left heel, swivel right heel and left toe back to home position
- 43 Switching weight to right heel and left toe, swivel right toe and left heel to the right
- 44 With weight still on right heel and left toe, swivel right toe and left heel to the right.

Each swivel is done on a bass beat rather than on the half-count. The double-time version can be done here.

JAZZ BOX WITH ¼ TURN

- 45-46 Cross-step right foot over left; step left foot back

47-48

Turning $\frac{1}{4}$ right, step on right foot; step left foot beside right.

REPEAT
