

Plain Jane

拍数: 0 墙数: 4 级数: Intermediate/Advanced
编舞者: "Calamity" Jane Newhard (USA)
音乐: Plain Jane - Neal McCoy



Sequence: AB, A, AB, A

SECTION A

- 1-3 Vine - step right to right; cross step left behind right; step right to right
4 Touch left heel forward
&5 Step left behind right; cross step right over left
&6 Step left to left; touch right heel forward
&7 Step right beside left; cross step left over right
&8 Step right to right; touch left heel forward
- 1-3 Vine - step left to left; cross step right behind left; step left to left (opt. Conga turn)
4 Touch right heel forward
&5 Step right beside left; cross step left over right
&6 Step right to right; touch left heel forward
&7 Step left beside right; cross step right over left
&8 Step left to left; touch right forward
- 1&2 Shuffle forward right-left-right
3-4 Step forward left; pivot $\frac{1}{2}$ turn right to the right onto right
5&6 Shuffle forward left-right-left
7-8 Step forward right; pivot $\frac{1}{2}$ turn left to the left onto left
- 1 Point right toe to right side
&2 Step right beside left; point left toe to left side
&3 Step left beside right; touch right heel forward
&4 Step right beside left; touch left toe back
&5 Step left beside right; touch right heel forward
&6 Step right beside left; touch left toe back
&7 Step left beside right; touch right heel forward
8 Hold and clap hands
- 1-2 Bump hips forward/right twice
3-4 Bump hips back/left twice
5-6 Bump hips forward; bump hips back
7-8 Bump hips forward; bump hips back
- 1&2 Shuffle forward right-left-right
3-4 Rock forward on left; rock back on right
5&6 Shuffle back left-right-left
7-8 Rock back on right; rock forward on left
- 1-2 Step forward right; pivot $\frac{1}{4}$ turn left to the left onto left
3-4 Step forward right; pivot $\frac{1}{4}$ turn left to the left onto left
5-6 Step right to right side; cross step left behind right
7-8 Step right turning $\frac{1}{4}$ turn right to the right; step left beside right

SECTION B

1-2 Step forward right; pivot $\frac{1}{2}$ turn left to the left onto left

3-4 Step forward right; pivot $\frac{1}{2}$ turn left to the left onto left

REPEAT
