

Rockin' Josie-Jo

拍数: 32 墙数: 4 级数: Improver
编舞者: jg2 (USA)
音乐: Rock My World - Brooks & Dunn



TOE TOUCHES:

- 1 Touch right toe straight forward
- 2 Touch right toe beside left instep
- 3 Touch right toe out to right side
- 4 Step right beside left
- 5 Touch left toe straight forward
- 6 Touch left toe beside right instep
- 7 Touch left toe out to left side
- 8 Step left beside right

ROCKING TOE STRUTS (TOE-HEEL STRUTS IN PLACE):

- 9 Step slightly forward on ball of right
- 10 Slap right heel down (leave foot in place)
- 11 Rock back on ball of left
- 12 Slap left heel down (leave foot in place)
- 13 Rock forward onto right
- 14 Rock back on left
- 15 Rock forward onto right
- 16 Rock back on left (weight)

HEEL SHUFFLES (QUICK WEIGHT CHANGE AS IN TUSH PUSH):

- 17 Touch right heel slightly forward of left (weight on left)
- & Step right beside left
- 18 Touch left heel slightly forward of right (weight on right)
- & Step left beside right
- 19 Touch right heel slightly forward of left (weight on left)
- 20 Hold & clap

RIGHT VINE ¼ TURN:

- 21 Step right to right side
- 22 Step left behind right
- 23 Step right to right side
- 24 Brushing left beside right turn ¼ turn right on ball of right

SHOULDER SHIMMIES:

- 25-26 Stepping down on left to left side, shimmy shoulders
- 27 Touch right beside left
- 28 Hold & clap
- 29-30 Stepping right to right side, shimmy shoulders
- 31 Step left beside right
- 32 Hold & clap (weight on left)

REPEAT