

# Triple C Jam

拍数: 44      墙数: 0      级数:  
编舞者: Crystalettes Dance Team  
音乐: Girls With Guitars - Wynonna



- 1            With weight on heels, turn toes of both feet to left.
- 2            With weight on heels, turn toes of both feet to left.
- 3            With weight on heels, turn toes of both feet to left.
- 4            Hitch right knee while making  $\frac{1}{4}$  turn to right.
- 5            Step forward on right.
- 6            Slide left foot forward to meet right.
- 7            Step forward on right.
- 8            Step together with left foot while making  $\frac{1}{4}$  turn to left.

## KICK BALL CHANGE

- 9&10            Kick right foot out. Step down on right next to left. Quickly switch weight back to left.
- 11-12           Step forward on right foot. Touch left foot next to right.
- 13-14           Step left with left foot. Touch right foot next to left.
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- 15-16           Step right with right foot, beginning  $\frac{1}{2}$  turn to right. Step on left, finishing  $\frac{1}{2}$  turn.
- 17-18           Step right foot behind left. Step left.

## 19-20 Touch right heel out to right side. Step right foot to right, beginning $\frac{1}{2}$ turn to right.

- 21-22           Step on left, finishing  $\frac{1}{2}$  turn. Step right foot behind left.
- 23            Touch left foot next to right.

## HOP STEPS

- 24            Hop left foot back and right heel forward at the same time.
- 25            Hop to right, bringing feet back together.
- 26            Hop right foot back and left heel forward at the same time.
- 27            Hop to left, bringing feet back together.
- 28            Hop left foot back and right heel forward at the same time.
- 29            Hop to right, bringing feet back together.
- 30            Hop right foot back and left heel forward at the same time.
- 31            Hop to left, bringing feet back together.
- 32            Step right foot forward.
- 33            Hitch left knee and hop on right foot.
- 34            Step left foot back.
- 35-36           Shift weight to the right foot and bump hips forward twice.
- 37-38           Shift weight to the left foot and bump hips back twice.
- 39-40           Two hip rolls while turning  $\frac{1}{4}$  turn to left.

## JAZZ BOX

- 41-42           Step right foot across left. Step back on left foot.
- 43-44           Step back and to the right on right foot. Step left foot next to right.

## REPEAT

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