

Whisky In The Jar

拍数: 48 墙数: 4 级数: Improver
编舞者: Judith Campbell (NZ)
音乐: Whisky In The Jar - Irish Folk



¼ PIVOT, ¼ PIVOT, TWO SAILORS

1-4 Step forward on right, ¼ pivot to left, step forward on right, ¼ pivot to left
5&6 Step right behind left, step left to left, step right in place
7&8 Step left behind right, step right to right, step left in place

STEP LOCK, STEP TOGETHER, STEP LOCK, STEP TOGETHER

1-2& Step forward on right, lock left up behind right, step right next to left
3-4& Step forward on left, lock right up behind left, step left next to right

ROCK FORWARD /BACK, TOGETHER, ROCK FORWARD /BACK TOGETHER

5-6& Rock forward onto right, rock back onto left, step right next to left
7-8 Rock forward onto left, rock back onto right

2 TOE HEEL STRUTS MOVING BACKWARDS, COASTER STEP

1&2& Step left toe back, drop heel, step right toe back, drop heel
3&4 Step back on left, step right next to left, step forward on left

2 TOE HEEL STRUTS MOVING BACKWARDS, COASTER STEP

5&6& Step back on right toe, drop heel, step back on left toe, drop heel
7&8 Step back on right, step left next to right, step forward on right

See options for struts

¼ PIVOT, SHUFFLE FORWARD, ½ PIVOT, FULL TURN FORWARD

1-2-3&4 Step forward on left, ¼ pivot to right, shuffle forward on left (left-right-left)
5-6-7-8 Step forward on right, ½ pivot to left, (turning ½ to left) step back on right, (turning ½ to left)
step forward on left

If you don't like turning do 2 walks forward instead of full turn

SYNCOPATED VINE RIGHT, HEEL SWITCHES, HOOK HEEL

1-2&3 Step right to right, step left behind right, step right to right, step left across in front of right
&4 Step right to right, step left behind right
5&6 Place right heel forward 45 right, step right next to left, place left heel forward 45 left
&7& Step left next to right, place right heel forward 45 right, hook right to left shin
8& Place right heel forward 45 right, step right next to left

HEEL SWITCHES, HOOK HEEL: STEP, BEHIND, & CHANGE, STOMP

1&2 Place left heel forward 45 left, step left next to right, place right heel forward 45 right
&3& Step right next to left, place left heel forward 45 left, hook left to right shin
4 Place left heel forward 45 left
5-6&7 Step left to left, step right behind left, step left to left, step right across in front of left
8 Stomp left foot next to right

REPEAT

EASIER OPTION

Instead of struts back you can do 2 walks back then the coaster

MORE CHALLENGING OPTION

Instead of struts, do 3 skips back left-right-left(counts 1&2&3), then on balls of feet swing both heels out then in (counts &4), repeat skips and heel swings starting with right-left-right
