

Just Like This

COPPER KNOB
BYE BYE MESSINA

拍数: 32 墙数: 2 级数: Beginner
编舞者: Forty Arroyo (USA)
音乐: Bye Bye - Jo Dee Messina



SHUFFLE RIGHT-LEFT-RIGHT, ROCK FORWARD AND BACK WITH ¼ RIGHT, WALK BACK LEFT- RIGHT-LEFT HOLD & CLAP TWICE

- 1&2 Shuffle to the right - right left right
- 3-4 Rock forward onto left foot while making ¼ to right, rock back onto right foot
- 5-8 Walk back left, right, left (leaning back with right knee bent forward), hold & clap twice

TOUCH RIGHT HOOK BEHIND, TOUCH RIGHT HOOK IN FRONT SHUFFLE RIGHT-LEFT-RIGHT, ¼ TURN RIGHT, STAMP RIGHT

- 1-2 Touch right toes to right, hook right foot behind left knee and slap right heel with left hand
- 3-4 Touch right toe to right, hook right foot in front of left knee and slap right heel with left hand
- 5-6 Shuffle forward right, left, right
- 7-8 Step forward onto left foot while turning ¼ to right, stamp right foot next to left foot

RIGHT & LEFT TOE TOUCHES, RIGHT JAZZ BOX

- 1-2 Touch right toes to right side, step right foot next to left foot
- 3-4 Touch left toes to left side, step left foot next to right foot
- 5-6 Cross right foot over left foot, step slightly back on left foot
- 7-8 Step right foot slightly to right, step left foot next to right foot

MERENGUE RIGHT, MERENGUE LEFT

- 1-4 While pushing hips to left, step right with right foot: step left foot next to right foot, while pushing left hip to right: step right with right foot, while pushing left touch left foot next to right foot
- 5-8 While pushing right hip to right, step left with left foot, step right foot next to left foot, while pushing right hip to right, step left with left foot, touch right foot next to left foot

REPEAT

This dance can be embellished with lots of body movement. Try shimmying your shoulders when doing the jazz box. The intermediate dancer may choose to do a full Monterey turn to the right in place of "pointing right toe" in the 3rd eight counts and in place of the merengue sequence you may choose a three point turn both right and left or chasses both right & left.