# **Justified & Ancient**



拍数: 32 墙数: 4 级数: Intermediate

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音乐: Justified & Ancient - Tammy Wynette & The KLF



# Written especially for the LDTA charity event (Manchester) 20-01-01 in aid of the Rainbow Trust

## HIP BUMPS / RIGHT KICK-BALL-TOUCH / LEFT KICK-BALL-TOUCH

1& Touch right slightly forward bumping hips forward, bump hips back

2& Bump hips forward, bump hips back

3& Repeat counts 2&

4& Repeat counts 2& (weight ends on left)

5&6 Kick right forward, step right next to left, touch left toe next to right foot Kick left forward, step left next to right, touch right toe next to left foot

# CHASSE RIGHT / CROSS IN FRONT-UNWIND FULL TURN / SIDE-TOGETHER X3-SIDE

1&2 Step right to right side, step left next to right, step right to right side

3-4 Cross left over in front of right, unwind full turn right (weight ends on right foot)

5& Step left slightly to left side, step right next to left

6&7& Repeat counts 5& twice more

8 Step left to left side

#### TOUCH AND HITCH X4 FULL CIRCLE / JAZZ BOX WITH 1/4 TURN RIGHT

1& Touch right to right side, hitch right knee making ¼ turn left on ball of left

2&3& Repeat counts 1& twice more

4& Repeat counts 1& again (you have now completed a full turn to left)

### The full turn can be substituted for touch-hitch x4 on the spot

5-6 Cross step right over in front of left, step back on left

7-8 Step right ¼ turn right, step left next to right

# KICK AND SIDE / SIDE SWITCHES / SHUFFLE FORWARD / STEP 1/2 TURN

1&2 Kick right forward, step right next to left, touch left toes out to left side

Step left next to right, touch right toes to right side Step right next to left, touch left toes to left side

5&6 Shuffle forward on left-right-left

7-8 Step forward on right, pivot ½ turn left

## **REPEAT**

The full turns can be made easier by making ¼ turn right on count 10 and ¼ turn left on count 16, then only a ¾ turn has to be made!