

Jazz Fizzle

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Nancy Morgan (USA)
音乐: One, Two Step (feat. Missy Elliott) - Ciara



GRIND HEEL, COASTER STEP, GRIND HEEL ¼ TURN LEFT, LEAN, PUSH

- 1-2 Grind right heel from left to right
- 3&4 Back coaster step - step back on right, back on left, forward on right
- 5-6 Grind left heel from right to left as you turn ¼ turn to left
- 7-8 Drop left toes to ground as you lean over them slightly, now push off as you kick slightly forward

BACK ROCK, ½ TURN PIVOT RIGHT, SHUFFLE FORWARD, BACK ROCK

- 1-2 Rock/step back on left and forward on right
- 3-4 Step forward on left, pivot ½ turn to right
- 5&6 Turning ½ turn to right - shuffle back - left, right, left
- 7-8 Back rock on right and forward on left

CROSS, STEP, SAILOR SHUFFLE, CROSS/STEP BACK ¼ TURN LEFT, ¼ TURN LEFT WITH FORWARD SHUFFLE

- 1-2 Cross right over left, step left to left side
- 3&4 Sailor shuffle - step right behind left, step left to left side, step right foot slightly forward and to right
- 5-6 Cross left over right, step back on right as you turn ¼ turn to your left
- 7&8 Turn ¼ turn to your left as you shuffle forward - left, right, left

KICK, STEP OUT-OUT, SWIVEL IN -TOES-HEELS-TOES, TOUCH SIDE TO SIDE AND HEEL AND HEEL AND

- 1&2 Kick right foot out in front, then step right foot to right side, step left foot to left side (shoulder width apart)
- 3&4 Swivel both toes in, then both heels in, then both toes in (your feet will end up together)
- 5&6& Touch right out to right side, step right next to left and touch left out to left side, step left next to right
- 7&8& Tap right heel forward, step right next to left as you tap left heel forward, step left next to right

REPEAT

TAG

After 4 walls, you will need to hold for 4 counts, then start again and dance to end