

# Jed's Dance

拍数: 48      墙数: 2      级数:  
编舞者: Jodi Page (AUS)  
音乐: Hillbilly Rap - Neal McCoy



- 1-2            Stepping forward on right push hips forward twice (pushing both hands down to hips twice)  
3-4            Stepping forward on left push hips forward twice (pushing both hands down to hips twice)

## RUNNING MAN STEPS

- &5            Scoot back on left hitching right, step right forward  
&6            Scoot back on right hitching left, step left forward  
&7            Scoot back on left hitching right, step forward on right  
&8            Scoot back on right hitching left, step left forward
- 1-8            Repeat above 8 counts
- 1-4            Step right to right side, rock weight onto left, hitch right, step right across left  
5-8            Step left to left side, rock weight onto right, hitch left, step left across right
- 1-4            Unwind  $\frac{3}{4}$  turn right (2 counts), shuffle forward right-left-right  
&5-6          Step left forward, step right forward (feet slightly apart), slap both hands on bottom  
7-8            Roll hips in an to the left roll for 2 counts
- &            Step left back  
1-4            Body roll down for two counts, body roll up for two counts
- If body roll up and down cannot be done a single body roll with a hold will do**  
5-8            Step left to left, step right beside left, step left to left, touch right beside left
- 1-4            (Turning  $\frac{3}{4}$  turn right) step onto right turning  $\frac{1}{4}$  turn right, step onto left turning  $\frac{1}{4}$  turn right,  
step onto right turning  $\frac{1}{4}$  turn right, touch left beside right  
5-6            Step back on left, step back on right  
7&8          Coaster step: step left back, step right beside left, step forward left

## REPEAT

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