

Jezebel

拍数: 0 墙数: 1 级数: Intermediate
编舞者: Violet Ray (USA)
音乐: Jezebel - Ricky Martin



Sequence: ABC, ABC, ABC, AB, AB

PART A

FORWARD LOCK STEPS

- 1-2 Step forward on right foot, cross left foot behind right foot
- 3&4 Step forward on right foot, cross left foot behind right foot, step forward on right foot
- 5-6 Step forward on left foot, cross right foot behind left foot
- 7&8 Step forward on left foot, cross right foot behind left foot, step forward on left foot

CROSS ROCK, RECOVER, ¼ TURNING TRIPLE RIGHT, CROSS ROCK, RECOVER, TRIPLE STEP

- 1-2 Cross rock right foot over left foot, recover weight on left foot
- 3&4 Turn ¼ right while executing triple step (right, left, right)
- 5-6 Cross rock left foot over right foot, recover weight on right foot
- 7&8 Execute triple step (left, right, left)

SIDE ROCK, RECOVER, CROSS (2X), ROCK FORWARD, RECOVER, ½ TURN RIGHT TRIPLE STEP

- 1&2 Rock right foot out to right side, recover weight on left foot, cross right foot over left foot (move forward while executing steps 1&2)
- 3&4 Rock left foot out to left side, recover weight on right foot, cross left foot over right foot (move forward while executing steps 3&4)
- 5-6 Rock forward on right foot, recover weight on left foot
- 7&8 Turn ½ right while executing triple step (right, left, right)

SIDE ROCK, RECOVER, CROSS (2X), ROCK FORWARD, RECOVER, ¾ TURN LEFT TRIPLE STEP

- 1&2 Rock left foot out to left side, recover weight on right foot, cross left foot over right foot (move forward while executing steps 1&2)
- 3&4 Rock right foot out to right side, recover weight on left foot, cross right foot over left foot (move forward while executing steps 3&4)
- 5-6 Rock forward on left foot, recover weight on right foot
- 7&8 Turn ¾ left while executing triple step (left, right, left)

PART B

CROSS ROCK, RECOVER, DIAGONAL BACK LOCK STEPS (RIGHT & LEFT), ROCK BACK, RECOVER

- 1-2 Cross right foot over left foot, recover weight on left foot
- 3&4 Step back on right foot, cross left foot over right foot, step back on right foot (face 45 degree right while executing steps 3&4)
- 5&6 Step back on left foot, cross right foot over left foot, step back on left foot (face 45 degree left while executing steps 5&6)
- 7-8 Rock back on right, recover weight on left

CHA-CHA SIDE STEPS FORWARD, FORWARD ROCK, RECOVER, ¾ TURN LEFT TRIPLE STEPS

- 1-2 Step right foot to right side, step left foot next to right foot (execute steps 1-2 moving forward at 45 degree left)
- 3&4 Step right foot to right side, step left foot next to right foot, step right foot to right side (execute steps 3&4 moving forward at 45 degree left)
- 5-6 Rock forward on left foot, recover weight on right foot
- 7&8 Turn ¾ left while executing triple step (left, right, left) (at end of count 8, you should be facing the 3:00:00 wall)

ROCK FORWARD, RECOVER, ¼ TURN RIGHT, SIDE STEPS, ¼ TURN RIGHT, ½ TURN RIGHT, LEFT CHASSE'

- 1-2 Rock forward on right foot, recover weight on left foot
3&4 Turn ¼ right stepping right foot to right side, step left foot next to right foot, turn ¼ right stepping right foot forward
5-6 Step forward on left foot, turn ½ right stepping on right foot
7&8 Step left foot to left side, step right foot next to left foot, step left foot to left side

BACK CROSS ROCK, RECOVER, LOCK STEPS, ROCK FORWARD, RECOVER, ¼ TURN LEFT, LEFT CHASSE'

- 1-2 Cross right foot behind left foot, recover weight on left foot
3&4 Step forward on right foot, cross left foot behind right foot, step forward on right foot (execute steps 3&4 diagonal right)
5-6 Rock forward on left foot, recover weight on right foot
7&8 Turn ¼ left while executing left chasse' (left, right, left)

PART C

LEFT CROSS STEPS, DIGS, SIDE ROCK, RECOVER, CROSS BACK, STEP SIDE, CROSS

- 1-2 Cross right foot over left foot, step ball of left foot next to and slightly behind right foot
3&4 Cross right foot over left foot, step ball of left foot next to and slightly behind right foot, cross right foot over left foot
5-6 Rock left foot out to left side, recover weight on right foot
7&8 Cross left foot behind right foot, step right foot to right side, cross left foot over right foot

ROCK FORWARD, RECOVER, BACK COASTER STEP, STEP FORWARD, HIP BUMPS

- 1-2 Rock forward on right foot, recover weight on left foot
3&4 Step back on right foot, step left foot next to right foot, step forward on right foot
5-6 Step left foot forward while bumping hips forward, rock back on right foot while bumping hips back
7&8 Rock forward on left foot while bumping hips forward, rock back on right foot while bumping hips back, rock forward on left foot while bumping hips forward
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