

Jingle Bell Rock

COPPERKNOB
STEPPERS

拍数: 32 墙数: 0 级数:
编舞者: Mariella Patterson
音乐: Jingle Bell Rock - Brenda Lee



ROCKS, STOMP, HOLD

- 1 Step right out to right side and rock weight onto it.
- 2 Rock back onto left. As you do, clap or ring bells
- 3-4 Repeat 1-2
- 5-6 Repeat 1-2
- 7 Stomp right foot next to left.
- 8 Hold.

SHUFFLE FORWARD FOUR TIMES

- 9&10 Shuffle forward right-left-right
- 11&12 Shuffle forward left-right-left
- 13&14 Shuffle forward right-left-right
- 15&16 Shuffle forward left-right-left

VINE RIGHT, KICK, VINE LEFT, KICK

- 17 Step right to right side
- 18 Cross left behind right, stepping down on it.
- 19 Step right to right side
- 20 Kick left foot forward.
- 21 Step left to left side.
- 22 Cross right behind left, stepping down on it.
- 23 Step right to right side
- 24 Kick right foot forward

HIP WALKS

- 25&26 Stepping forward on right, bump hips right-left-right.
- 27&28 Stepping forward on left, bump hips left-right-left
- 29&30 Stepping forward on right, bump hips right-left-right
- 31&32 Stepping forward on left, bump hips left-right-left

Variation on hip walks: Bump hips once, hold and ring bells or clap

REPEAT
