

Jitterbuggin'

拍数: 48 墙数: 4 级数: Improver
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音乐: Think It Over - The Tractors



RIGHT LINDY (SIDE SHUFFLE); ROCK STEP; "DIG" STEPS

1&2 Step to right, step left next to right, step to right (side shuffle right, left, right)
3-4 Rock back on left, replace weight on right
5-6 "Dig" left toe, step on left foot
7-8 "Dig" right toe, step on right foot

LEFT LINDY (SIDE SHUFFLE); ROCK STEP; "DIG" STEPS

1&2 Step to left, step right next to left, step to left (side shuffle left, right, left)
3-4 Rock back on right, replace weight on left
5-6 "Dig" right toe, step on right foot
7-8 "Dig" left toe, step on left foot

FORWARD SHUFFLES; ½ TURN LEFT; FORWARD SHUFFLE

1&2 Shuffle forward right, left, right
3&4 Shuffle forward left, right, left
5-6 Step forward on right, turn ½ turn to left with weight ending on left
7&8 Shuffle forward right, left, right

POINT HOLDS

1-2 Point left toes to left, hold
&3-4 Replace weight to left, point right toes to right, hold
&5&6 Replace weight to right, point left to left, replace weight to left, point right to right
7-8 Replace weight to right, point left to left, hold

FORWARD SHUFFLES; ½ TURN RIGHT; FORWARD SHUFFLE

1&2 Shuffle forward left, right, left
3&4 Shuffle forward right, left, right
5-6 Step forward on left, turn ½ turn to right with weight ending on right
7&8 Shuffle forward left, right, left

TWO (2) JAZZ SQUARE TURNING ¼ TURN RIGHT

1-4 Cross right over left, step back on left, step side right, step slightly forward left
5-8 Cross right over left, step back on left, step right making ¼ turn right, step left slightly forward

REPEAT

When you do the dig steps, remember they were from the original jive or jitterbug so put some action into them. When you dig your left toe into the floor, drop your left shoulder down & put your left hip out when you put the heel down; then repeat the action to the right when you dig the right toe.
