

Judo Jump

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Gloria Johnson (USA)
音乐: Betty's Takin' Judo - Jeff Carson



KICKIN'

1 Kick right foot forward
& Hitch right knee
2 Turn ¼ turn to the left on ball of left foot
3-4 Kick right foot out to right side twice

GRAPEVINE-RIGHT

5-7 Vine right (step right out to right, left behind right, step right out to right)
8 Touch left foot next to right

JUMPIN' TO & FRO

9 Fall back on left foot with right heel touching in place
10 Jump forward on right with left toe touching behind
11 Fall back on left foot with right heel touching in place
12 Jump forward on right with left toe touching behind

GRAPEVINE-LEFT

13-15 Vine left (step left out to left, right behind left, step left out to left)
16 Touch right foot beside left

MORE JUMPIN'

17 Jump/switch feet changing weight to right foot with left heel touching in front
18 Jump/switch feet changing weight to left foot with right toe touching behind
19 Jump/switch feet changing weight to right foot with left heel touching in front
20 Jump/switch feet changing weight to left foot with right toe touching behind

KICKIN' AGAIN

21-22 Kick right foot forward twice

STEP N TURN

23-24 Step forward on right foot, turn ½ turn to the left

SLAPPIN' HEELS

25-26 Touch left heel to the floor, hitch left knee and slap heel with right hand
27-28 Touch left heel to the floor, hitch left knee and slap heel with right hand

FACIN' LEFT

29 Step forward on left foot with foot angling ¼ turn to the left
30 Turning body ¼ turn to left step right foot next to left and about shoulder width apart
31 Step left foot in place
32 Step right foot next to left

REPEAT
