

Just A Little While

拍数: 64 墙数: 4 级数: Intermediate/Advanced
编舞者: James Austin (UK) & Steve Chambers (UK)
音乐: Just a Little While - Janet Jackson



- 1&2 Point right toe to right side, bring right foot in and point left toe out, bring left foot back in
3&4 Point right toe forward bring foot in, left toe pointing forward
5-6 Rock forward on right foot, rock weight back on to left
7-8 Rock right foot backwards then rock weight back on to left
- 9-10 Step right foot forward, ½ pivot turn on balls of feet
11&12 Right shuffle forward
13-14 Rock left foot forward
15&16 Back shuffle left
- 17-18 Step back right ½ pivot turn over right shoulder on balls of feet
19 Point left toe to left side hold
20 Bring foot in as you do so point right toe to right side hold
21&22 Point left toe to left side, bring in and point right toe to right side
23-24 Snake roll to left with a ¼ left (using your head as lead)
- 25-26 Body roll up over 2 beats (bending from knees upwards)
27&28 Right shuffle forward, right left right
29-30 Step left foot forward change weight back on to right
31 ½ turn stepping back on left
32 ½ turn stepping forward on right
- 33 ½ turn stepping backwards on left
34-35 Cross right over left, step left to left side
36&37 Left coaster step
38-39 Cross left over right, step right to right side
40&41 Right coaster ¼ turn to left (8&1)
- 42&43 Cross right foot over left, step back on left, dig right heel forward
44&45 Cross left foot over right, step back on right, dig left heel forward
&46-47-48 Bring right foot in, cross right over left and slowly turn over 3 count
- 49-50 Step forward right, point left to left side
51-52 Step left forward, point right to right side
53-54 Step right forward, point left to left side
55-56 ¼ Turn to left side hitch left foot in front of right
- 57&58 Left shuffle (left right left)
59-60 Step forward on right ½ pivot over left shoulder
61-62 Step forward on right ½ pivot over left shoulder
63-64 Point right to right side hold for 1 count

REPEAT

RESTART

On second wall and end of five, dance up to count 28. Then

29 Step left hold

Then restart

TAG

At end of third wall

- 1-2 Kick right foot forward, point left toes to left side
 - 3-4 Kick left foot forward, point right toes to right side
 - 5-6 Step right pivot $\frac{1}{2}$ over left shoulder
 - 7-8 Step right pivot $\frac{1}{2}$ over left shoulder
 - 1-2 Kick left foot forward, point right toes to right side
 - 3-4 Kick right foot forward, point left toes to left side
 - 5-6 Step left pivot $\frac{1}{2}$ over right shoulder
 - 7-8 Step left pivot $\frac{1}{2}$ over right shoulder
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