

# J-Walk

拍数: 32      墙数: 4      级数: Beginner  
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音乐: Walking to Jerusalem - Tracy Byrd



## ROCKS, TRIPLE STEPS:

1-2            Step forward on right heel, rock back left  
3&4           Triple-step in place - right, left, right  
5-6            Step forward on left heel, rock back right  
7&8            Triple-step in place - left, right, left

## PIVOT, KNEE PUSHES:

9-10           Step forward right pivoting  $\frac{1}{4}$  turn to left, step left  
11-12          Stomp right, stomp left  
13-14          Push right knee forward with right heel raised, hold  
15-16          Bringing right knee back, push left knee forward with left heel raised, hold

## FORWARD, $\frac{1}{2}$ TURN, BACKWARD:

17-18          Walk forward right, walk forward left  
19-20          Walk forward right, pivot  $\frac{1}{2}$  turn to left on balls of both feet keeping weight on right  
21-22          Walk back left, walk back right  
23-24          Walk back left, touch right toe beside left

**Hitchhiker: During backward walk raise right hand to shoulder height sticking thumb out pointed backwards. Move right hand and thumb 4 times in a backward motion as if trying to hitch a ride.**

## CROSS STEPS, $\frac{1}{2}$ PIVOT:

25-26          Touch right toe to right side, cross step right over left  
27-28          Touch left toe to left side, cross step left over right  
29-30          Touch right toe to right side, cross step right over left  
31-32          Pivot  $\frac{1}{2}$  turn to left on balls of both feet, hold clapping hands

## REPEAT

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