

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
