

Jam

拍数: 48 墙数: 4 级数:
编舞者: Taylor Casey (USA)
音乐: Space Jam - Quad City DJ's



STOMPS, HIP THRUSTS, CROSS AND TURN

- 1-2 Stomp forward left, then right
- 3-4 Hip thrusts forward twice
- &5 Step left next to right, cross right over left
- 6 Hold
- 7 Make ½ turn left
- 8 Hold

OUT/OUT TOUCHES (MOVING LEFT), HIP THRUSTS

- &1 Step out slightly with right, then step out slightly with left
- 2 Touch right toe next to left
- &3-4 Step out slightly with right, then step out slightly with left touch right toe next to left
- &5-6 Step out slightly with right, then step out slightly with left touch right toe next to left
- 7-8 Hip thrusts twice

SCUFF CROSSES, RIGHT VINE WITH HALF TURN RIGHT

- 1-2 Scuff right forward, cross right over left
- 3-4 Scuff left forward, cross left over right
- 5 Take a giant leap right with right
- 6-7-8 Step left behind right, step out right making ½ turn right with right, bring left next to right (weight on left)

SAILOR SHUFFLES, STOMP ROLLS

- 1&2 Right sailor shuffle
- 3&4 Left sailor shuffle
- 5-7 Stomp right foot forward with right toe pointing inward (10:00), roll (fan) right toe outward (2:00), stomp left foot forward with left toe pointing inward (2:00)
- 8 Roll (fan) left toe outward (10:00) (weight on left)

ROCK FORWARD, ROCK BACKS, HALF TURN

- 1 Step forward on right
- 2 Rock back on left
- 3 Step back on, right
- 4 Rock forward on left
- 5 Step forward on right
- 6 Rock back on left
- 7 Step back on right making ½ turn right
- 8 Step left next to right (weight on left)

KICKS, COASTER STEP, STEP ¼ TURN LEFT AND 3 HOPS

- 1-2 Right foot kick forward twice
- 3&4 Right-left-right coaster step
- 5 Step forward on left (start your ¼ turn left)
- 6 Step right foot next to left (shoulder width) (this step completes the ¼ turn left)
- 7&8 3 hops to the right

REPEAT
