

Jam It Up

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Every Little Step - Mercury 4



TOUCH OUT RIGHT TWICE, ¼ TURN COASTER STEP, FULL TURN STEP BACK

1&2 Touch right toe out to side, return beside left, touch right toe out to side
3 Make ¼ turn right keep weight on left
4&5 Step right back, step left beside right, step forward right
6&7 Step left foot forward, make ½ turn right, make a further ½ turn right step back left
8 Step right foot back

COASTER STEP, WALK FORWARD RIGHT LEFT, MODIFIED GRAPEVINE, SLIDE TAP TWICE

1&2 Step left foot back, step right beside left, step left foot forward
3-4 Walk forward right, left
5-6 Step right to right side, step left behind right
&7 Step right beside left, and step left long step to the left
&8 Drag right beside left as you drag right to left tap right toe on floor twice

COASTER STEP, HEEL DIG TWICE, ½ TURN, ¼ TURN, KICK JACK

1&2 Step right back, close left to right, step right foot forward
3&4 Touch your left heel forward twice (known as heel digs)
5-6 Make ½ turn left step left forward, make ¼ turn left step right to right side
7&8 Step left behind right, step right slightly back right, kick left diagonally forward left

SYNCOPATED GRAPEVINE LEFT, TOUCH RIGHT, LEFT, RIGHT, HOOK FLICK ¼ LEFT

&1&2 Step left down, cross right in front of left, step left slightly left, cross right behind left
&3&4 Step left to side, cross right in front of left, step left slightly left, touch right beside left
5&6 Touch right to right, touch left to left
&7&8 Touch right to right, flick right foot in front of left leg, make a ¼ turn left flick right to right side

SIDE STEP TOUCH, CHASSE LEFT, CROSS COASTER STEP, STEP RIGHT FORWARD

1-2 Step right to right side, touch left in front of right
3&4 Step left to left, close right to left, step left to left
5 Step right in front of left
6&7 Step left foot back, close right to left, step forward left
8 Step right forward

ROCK LEFT FORWARD, SHUFFLE ½ LEFT (OR 1 ½) STEP FORWARD RIGHT LEFT BUMP TWICE

1-2 Rock left foot forward, recover back on right
3&4 Shuffle ½ turn left (or make 1 ½ turn left)
5-6 Step right foot forward, step left beside right (clap)
7&8 Bump hips left, right left

REPEAT