

Jam Up

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Sandi Brooks (USA)
音乐: Jam Up and Jelly Tight - Scooter Lee



SIDE ROCKS, FORWARD ROCK & COASTER COMBO

- 1&2 Step right to right side, rock/shift weight to left, step right next to left (transfer weight to right)
3&4 Step forward on left, rock/shift weight to right, step back on left
5&6 Step back on right, step back on left, step forward on right
7&8 Step left to left, rock/shift weight to right, step left next to right (transfer weight to left)

SCOOTER STEP FORWARD, ¼ TURN RIGHT & HIP GRINDS/CIRCLES

- 1& Step right foot forward and in front of left, angle right foot 45 degrees to the right (weight goes to right) on toe of left, step left foot up behind right with left foot angled 45 degrees to the left (left toe to heel of right, weight goes to left)
2& Keep right foot angled step slightly forward again on right (weight went back to the right foot) with toe of left, step left foot up behind right with left foot angled 45 degrees to the left (left toe to heel of right, weight goes to left)
3& Repeat steps 2& above
4 Repeat 2 above: keep right foot angled and step slightly forward again on right (weight goes to right)
5-6 Step forward on left, turn ¼ turn right
7-8 Bring left next to right as grind or hip circle to the left (weight goes to left)

FORWARD RIGHT SAILOR SHUFFLES, LEFT SAILOR SHUFFLES, FORWARD RIGHT COASTER BACKWARD LEFT COASTER

- 1&2 Turning body slightly left cross right in front of left, step left to left side, step right to right side and slightly forward (weight goes to right and body is now facing straight ahead.)
3&4 Cross left behind right, step right to right, step left to left and slightly forward (weight is on left)
5&6 Step forward on right, step forward on left, step back on right
7&8 Step back on left, step back on right, step forward on left

SIDE TOGETHER, CROSS, LEFT TOUCH, ½ TURN RIGHT, HITCH LEFT, LEFT TRIPLE STEP

- &1 Step right to right, step left next to right (weight goes to left)
2-3 Cross right in front of left, touch left to left (weight stays on right) and slightly push off left like in a paddle turn
4-5 Immediately step left foot forward or in front of you, turn a ½ turn to right (weight goes to right)

You should now be facing ¼ left of original starting wall

- 6 Hitch left
7&8 Step forward on left, slide right up & behind heel of left, step forward on left

REPEAT