

Go, Jane, Go!

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Maureen Jones (UK) & Michelle Jones (UK)
音乐: See Jane Dance - Brooks & Dunn



HEEL & TOE, HEEL-BALL-CROSS, OUT-OUT-IN, STOMP-UP, ¼ TURN WITH KICK

1&2& Touch right heel forward, step right beside left, touch left toe back, step left beside right
3&4 Touch right heel forward, step right beside left, step left across right
5&6 Step right to right, step left to left, step right in to center
7-8 Stomp-up left beside right (bend knees), make ¼ turn left and kick left forward (straighten knees)

COASTER, SHUFFLE, ½ PIVOT, STOMPS

9&10 Step back on left, step right beside left, step left forward
11&12 Shuffle forward on right, left, right
13-14 Step forward on left, pivot ½ turn right (weight on right)
15-16 Stomp left foot forward, stomp right foot forward

SIDE-ROCK-CROSS, ¼ TURN, BACK & FORWARD, ½ PIVOT, SHUFFLE

17&18 Rock to left on left, recover weight right on right, step left across right and start to make ¼ turn left
19&20 Completing ¼ turn left step back on right, small step ball of left behind right (push step), step forward on right
21-22 Step forward on left, pivot ½ turn right (weight on right)
23&24 Shuffle forward on left, right, left

HEEL & TOE, HEEL, HOOK, MODIFIED FORWARD SAILORS WITH HEEL GRINDS

25&26& Touch right heel diagonally forward right, step right beside left, touch left toe diagonally back left, step left beside right
27-28 Touch right heel diagonally forward right, hook right across left leg
29-30& Grind right heel diagonally forward right, step left behind right, step right to right
31-32& Grind left heel diagonally forward left, step right behind left, step left to left

SIDE, CROSS, SIDE, CROSS, KICK TWICE, & POINT, TOUCH

33-34 Step right to right, step left across right
35-36 Step right to right, step left across right

Bend knees during counts 33-36

37-38 Kick right diagonally forward right twice
&39-40 Step right beside left, point left to left, touch left beside right

ROCK & STOMP, STOMP-UP, HOLD, ROCK & STOMP, STOMP, HOLD

41&42 Rock back on left, recover forward on right, stomp left beside right
43-44 Stomp-up right beside left, hold
45&46 Rock back on right, recover forward on left, stomp right beside left
47-48 Stomp left beside right, hold

REPEAT