

Doctor Jones

拍数: 64 墙数: 2 级数: Intermediate/Advanced
编舞者: Victor Watts (AUS)
音乐: Doctor Jones - Aqua



Hand movements are optional throughout the dance

MASHED POTATOES (WEIGHT ON BALLS OF FEET)

- &1 Swing right leg out to the right & twist left heel out, step right behind left & twist both heels in
- &2 Swing left leg out to the left & twist right heel out, step left behind right & twist both heels in
- &3 Swing right leg out to the right & twist left heel out, step right behind left & twist both heels in
- &4 Twist both heels out, twist both heels in

MASHED POTATOES (WEIGHT ON BALLS OF FEET)

- &1 Swing left leg out to the left & twist right heel out, step left behind right & twist both heels in
- &2 Swing right leg out to the right & twist left heel out, step right behind left & twist both heels in
- &3 Swing left leg out to the left & twist right heel out, step left behind right & twist both heels in
- &4 Twist both heels out, twist both heels in

RUNNING MAN STEPS SIDEWAYS & FORWARD

- &1&2 Step right to side & skip right backwards, step left in front of right & skip backwards
- &3&4 Step forward right & drag backwards, step forward left & drag backwards

STEP, TOGETHER, DOUBLE HIPS RIGHT.

- &1-2 Stepping back onto left-large step forward onto right, touch left toe beside right
- 3-4 Double hips right, with right hand finger clicks. (left knee slightly bent)

SIDE, BEHIND, DOROTHY STEPS-RIGHT, LEFT, RIGHT (TRAVELING SLIGHTLY FORWARD)

- 1-2 Step left to side, step right behind left
- &3-4 Step back onto left at 45 degrees left & step forward at 45 degrees right onto right, step left behind right
- &5-6 Step back onto right at 45 degrees right & step forward at 45 degrees left onto left, step right behind left
- &7-8 Step back onto left at 45 degrees left & step forward at 45 degrees right onto right, step left beside right

TOUCH, CROSS, TURN, STEP/CLAP

- 1-2-3-4 Touch right toe to side, cross right in front of left, turn full turn left. Step forward onto right foot at 45 degrees angle & clap

DOUBLE HIPS FORWARD & BACK, SWAY HIPS FORWARD, BACK, FORWARD, BACK.

- 1-2-3-4 Rock hips forward at 45 degrees right twice, rock hips back at 45 degrees angle twice
- 1-2-3-4 Sway hips forward, back, forward, back (with a wavy movement)

BACKWARDS TOE HEEL STRUTS WITH HIP BUMPS, & FINGER CLICKS

- 1-2-3-4 Stepping back onto right toe-slightly at 45 degrees angle, drop right heel down. Stepping back onto left toe-slightly at 45 degrees angle, drop left heel down
- 1-2-3-4 Stepping back onto right toe-slightly at 45 degrees angle, drop right heel down. Stepping back onto left toe-slightly at 45 degrees angle, drop left heel down

ROLLING VINE RIGHT.

- 1-2-3-4 Turning full turn right:- right, left, right, touch left beside right

CAMELS SIDEWAYS-LEFT, & CLAPS

1-2-3-4 Step left to the side-pushing hips right, slide right beside left. Step left to the side-pushing hips right, slide right beside left (keep weight on left)

LEFT PADDLE TURNS

1-2-3-4 Step forward onto right, turning $\frac{1}{4}$ turn. Left-step left in place. Step forward onto right, turning $\frac{1}{4}$ turn. Left-step left in place

STEP, SLIDE, BALL CHANGE, TOUCH.

1-2- Step right foot forward at 45 degrees angle, slide left beside right

&3 Step back onto ball of left foot at 45 degrees angle, step right foot forward at 45 degrees angle

4 Touch left toe beside right

BALL CHANGE, TOGETHER, DOUBLE HEEL CLICKS

&1 Step back onto ball of left foot at 45 degrees angle, step right foot forward at 45 degrees angle

2&3&4 Step left beside right. Click heels together twice

REPEAT
