Born To Hand Jive

拍数: 64

级数: Intermediate

编舞者: Lisa Springer & Janyne Springer

音乐: Born to Hand Jive - Sha Na Na

STEP ½ PIVOT, STEP ½ PIVOT, ROCK STEP, COASTER STEP

- 1-2 Step forward on right. Pivot 1/2 turn left
- 3-4 Step forward on right. Pivot 1/2 turn left
- 5-6 Rock forward on right. Rock back on left
- 7&8 Step back right. Step left beside right. Step forward right

STEP ½ PIVOT, STEP ½ PIVOT, ROCK STEP, COASTER STEP

- 9-10 Step forward on left. Pivot 1/2 turn right
- 11-12 Step forward on left. Pivot 1/2 turn right
- 13-14 Rock forward on left. Rock back on right
- 15&16 Step back left. Step right beside left. Step forward left

STOMPS FORWARD, RUNNING MAN KICKS (SCOOTS BACK WITH FORWARD KICKS)

- 17-18 Stomp right forward. Stomp left beside right
- &19 Scoot left back and kick right forward. Step down on right
- &20 Scoot right back and kick left forward. Step down on left
- 21-24 Repeat steps 17-20

Anyone not wishing to scoot can stomp and kick on the spot with attitude!

DIAGONAL SHUFFLES RIGHT & LEFT WITH HAND ROLLS/SWINGING LASSOOS

- 25&26 Step diagonally right. Step left just behind right. Step right forward
- 27&28 Step diagonally left. Step right just behind left. Step left forward
- 29-32 Repeat steps 25-28

While shuffling roll fists around each other in front of body or swing imaginary lasso above your head (or alternate)

ROCK STEP, CLAPS, HIP BUMPS LEFT & RIGHT

- 33-34 Rock forward right. Rock back left
- 35&36 Step right beside left. Clap. Clap
- 37-38 Bump hips left, right
- 39&40 Bump hips left, right, left

MONTEREY TURNS

- 41-42 Touch right to right side. Pivot 1/2 turn right on ball of left and step right beside left
- 43-44 Touch left to left side. Step left beside right
- 45-48 Repeat steps 41 - 44

MASHED POTATOES (CHARLESTON SWIVELS) TRAVELING BACKWARDS

Weight needs to stay on balls of feet with heels raised slightly off the floor

- &49 Swivel heels out. Step left behind right and swivel heels in &50 Swivel heels out. Step right behind left and swivel heels in &51&52 Swivel heels out. Step left behind right and swivel heels in, out, in &53 Swivel heels out. Step right behind left and swivel heels in &54 Swivel heels out. Step left behind right and swivel heels in &55&56 Swivel heels out. Step right behind left and swivel heels in, out, in & Step left back beside right leaving weight on left
- Hands can be scissored in front of body in time with feet for extra style





墙数:4

KICKS, COASTER STEP, POINT, TURN, COASTER STEP

- 57-58 Kick right forward. Kick right to right side
- 59&60 Step right back. Step left beside right. Step right forward (with weight)
- 61-62 Point left to left side. Touch left heel to left while pivoting ¼ turn left on ball of right foot
- 63&64 Step left back. Step right beside left. Step left forward

REPEAT

The music ends on count 52. To finish dance replace steps 49-52 by crossing right over left and unwinding a full turn followed by a double clap.