

Beer Joint Jumpin'

拍数: 48 墙数: 4 级数:
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音乐: Mama Don't Get Dressed Up for Nothing - Brooks & Dunn



STAMP, HOLD, STAMP, HOLD, STEP, SLIDE, HEEL STAMPS

1-2-3-4 Stamp right foot to side, hold, stamp left foot to side, hold
5&6 Step forward on right, slide left to close, slide left to side
7-8 Stamp left heel twice (ball of foot doesn't leave the floor, transfer weight over left)

SAILOR SHUFFLES ON SPOT X3, STAMP, STAMP

1&2 Step down on right foot close to left, step down on left foot close to right, step down on right foot & kick left to side (this step is a non-traveling "sailor shuffle")
3&4 Repeat sailor shuffle starting with left foot
5&6 Repeat once more starting with right foot
7-8 Stamp left foot down, stamp right foot to close

1 ¼ ROLLING TURN, STAMP WITH SHOULDER PUSHES, STAMP, CLAP

1 ¼ turn to the left & step back on left
2 ½ turn to the left & step forward on right
3 ½ turn to the left & step back on left
4 ½ turn to the left & step forward on right
5& Stamp forward on left pushing right shoulder forward & back
6 Push right shoulder forward again (no foot work)
7-8 Stamp forward on right to close, clap (straightening body up)

STAMP, ROCK BACK, KICK, BALL-STEP, KICK, SIDE, 1 ½ MONTERREY, SIDE

1-2 Stamp forward on left, rock back onto right lifting left knee up in front
3&4 Hop back onto left kicking right forward, transfer weight to ball of right foot, step forward on left
5-6 Kick right foot across left, touch right toe out to right side, &
7 With weight over ball of left foot turn 1 ½ turns to the right changing weight to right foot at end of turn (this "Monterrey" turn takes a bit of getting used to)

You may want to start with a ½ turn & work your way up

8 Touch left toe to side

SIDE, SIDE ¼ TURN & SLAP, TAP HEEL, TAP TOE, ½ TURN, STAMP SIDE

&1 Hop onto left & touch right toe to side
&2 Hop onto right & touch left toe to side
3-4 ¼ turn to the left & slap left foot in front, tap left heel forward
&5&6 Hop onto left & tap right toe back, hop onto right & tap left toe back
7 (Leave left foot where it is) ½ turn to the left on ball of right foot

Now your left foot should be in a "heel tap forward" position for comfort

8 Stamp left foot to side

BODY ROLL, HITCH & SCOOT, SCOOT, CROSS, BACK, STEP & 1 ¼ TURN

1-2 Use 2 counts to do a "body roll" (do this however is comfortable for you. Just make sure your body undulates in some way for 2 counts)
3-4 Lift left knee up & hop forward on right (keeping the hop low - "scoot"), scoot forward on right again
5-6 Cross left in front of right, step back on right
7 ¼ turn to the left & step forward on left

8

Keep turning 1 more full turn to the left on ball of left foot

REPEAT
