

Almost Jamaica

COPPER KNOB
BY STEPHEN BRETTS

拍数: 64 墙数: 2 级数:
编舞者: Lisa Firth (AUS) & Janet Halls (AUS)
音乐: Almost Jamaica - The Bellamy Brothers



SWAY LEFT, RIGHT, TRIPLE STEP, SWAY RIGHT, LEFT, TRIPLE STEP

1-2-3&4 Step left to left side, rock onto right (with sway),triple step left-right-left
1-2-3&4 Step right to right side, rock onto left (with sway),triple step right-left-right

FULL TURN FORWARD STEPPING LEFT, RIGHT, SHUFFLE LEFT, FULL TURN FORWARD STEPPING RIGHT, LEFT, SHUFFLE RIGHT

1-2-3&4 Traveling forward turn full turn left stepping left, right, shuffle forward left-right-left
1-2-3&4 Traveling forward turn full turn right stepping right, left, shuffle forward right-left-right

SLIDE BACK LEFT, RIGHT, COASTER STEP LEFT

1-2-3&4 Slide large step back on left, slide large step back on right, left foot back, step right foot beside, step forward on left

ROCK RIGHT, LEFT, CROSS SHUFFLE, ROCK LEFT, RIGHT, ¼ TURN CROSS SHUFFLE

1-2-3&4 Step right foot to right side, rock onto left, travel left-cross shuffle right-left-right
1-2-3&4 Step left foot to left side, rock back onto right turning ¼ turn left, cross shuffle back left-right-left

TRAVELING RIGHT, STEP SIDE, BEHIND, FULL TURN, ¼ TURN TRIPLE STEP

1-4-5&6 Step right to side, step left behind, turning full turn right, step right-left turning a further ¼ turn right triple step right-left-right

TRAVELING LEFT, STEP SIDE, BEHIND, FULL TURN, ¼ TURN TRIPLE STEP

1-4-5&6 Step left to side, step right behind, turning full turn left, step left-right turning a further ¼ turn left triple step left-right-left

ROCK RIGHT, LEFT, CROSS SHUFFLE, ½ TURN LEFT, CROSS SHUFFLE, ½ TURN RIGHT, CROSS SHUFFLE

1-2-3&4 Step right to right, rock onto left, travel left-cross step right-left-right
5&6 Turning ½ turn left cross shuffle left-right-left
7&8 Turning ½ turn right cross shuffle right-left-right

TWIST RIGHT TURNING ½ TURN LEFT, TWIST LEFT TURNING ¼ TURN RIGHT, COASTER STEP

1-2-3&4 Twist both heels to right turning ½ turn left, twist both heels to left turning ¼ turn right, step right foot back, step left foot beside right, step right foot forward

SHUFFLE FORWARD LEFT, PIVOT ½ TURN LEFT, CHA-CHA FORWARD RIGHT-LEFT-RIGHT, THEN LEFT-RIGHT-LEFT

1&2-3-4 Shuffle forward left-right-left, step forward right, pivot ½ turn left
1&2-3&4 Cha-cha forward right-left-right, cha-cha forward left-right-left

ROCK RIGHT, LEFT, HINGE ½ TURN RIGHT TRIPLE STEP RIGHT-LEFT-RIGHT

1-2-3&4 Step right to right, rock onto left, hinge turn ½ turn right stepping right-left-right

REPEAT