

# Jingle Bells

拍数: 64      墙数: 4      级数: Intermediate  
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音乐: Jingle Bells - Disney Children's Choir



Start from first beat of intro.

Intro: 16 counts.

(1-8) Feet Together, Knee Pop and then Straighten Legs for 8 times. Hand movements as you're beating a drum by both hands for 8 beats.

(9-16) Step, Hip Sway with Hands Swing: R, L, R, L, R, L, R, L.

1-2 Step right foot to right side, push hips to right side then left side.

Swing both hands to right side then left side.

3-4 Push hips to right side, then left side.

Hand movements same as counts 1-2.

5-6 Repeat steps 3-4 above.

7-8 Repeat.

Song: 64 counts.

(1-8) Strut, Flat. Strut, Flat. Step, Together. Step, Half Turn Left, Together.

1-2 Touch right toe forward, and then put right foot down next to left foot.

3-4 Touch left toe forward, and then put left foot down next to left foot.

5-6 Step backwards on right foot, step left foot next to right foot.

7&8 Step right foot forward, pivot half turn left 6:00 stepping left foot forward, Step right foot next to left foot.

(9-16) Strut, Flat. Strut, Flat. Step, Together. Step, Half Turn Right, Together.

1-2 Touch left toe forward, and then put left foot down next to right foot.

3-4 Touch right toe forward, and then put right foot down next to left foot.

5-6 Step backwards on left foot, step right foot next to left foot.

7&8 Step left foot forward, pivot half turn right 6:00 stepping right foot forward, Step left foot next to right foot.

(17-24) Point, Hitch. Once More. Step, Step, Half Turn Left, Step, Together.

1-2 Point right toe to right side, and then hitch right knee in front of left knee.

3-4 Repeat steps 1-2 above.

5-6 Step right foot to right, step left foot in place.

7-8 Make a half turn left 12:00 stepping right foot to right, step left foot together.

(25-32) Step, Together. Half Turn Right, Step, Together. Once More.

1-2 Step right foot forward, step left foot next to right foot. Lift arms up wide open. \o/

3-4 Make a half turn right 6:00 stepping right foot in place, step left foot next to right foot.

Point Elbows to the side, and hands in front of shoulders.

5-6 Step right foot forward, step left foot next to right foot.

Lift arms up wide open. \o/

7-8 Make a half turn right 12:00 stepping right foot in place, step left foot next to right foot.

Point elbows to the side, and hands in front of shoulders.

(33-40) Run Forward, Right, Left, Right, Left & Flick Right Back Half Turn Left, Run Forward, Right, Left, Right, Left.

1-4 Slightly run forward, right foot, left foot, right foot, left foot and flick right foot behind left foot.  
(traveling to 6:00)

Swing arms back and forth to the side, ending with lift arms up. \o/

5-8 Make a half turn left 12:00 and keep running forward, right foot, left foot, right foot, left foot.  
(traveling to 12:00)

**(41-48) Run Forward, Right, Left, Right & Flick Left Back, Left. Diagonally Right Shuffle Back. Diagonally Left Shuffle Back.**

1-4 Slightly run forward, right foot, left foot, right foot and flick right foot behind left foot, left foot  
(traveling to 12:00)

**Swing arms back and forth to the side, ending with straighten arms forward.**

5&6 Step right foot diagonally right back, step left foot next to right foot, step right foot diagonally  
right back. (traveling to 4:30)

**Straighten left arm forward, and right arm backwards.**

7&8 Step left foot diagonally left back, step right foot next to left foot, step left foot diagonally left  
back. (traveling to 7:30)

**Straighten right arm forward, and left arm backwards.**

**(49-56) Step, Together, Step, Step. Quarter Turn Left, Step, Side Kick, Step, Side Kick.**

1-4 Step right foot to right side, step left foot next to right foot, step right foot to right side, step left  
foot to right side. (traveling to 3:00)

5-6 Make a quarter turn left 9:00 stepping left foot forward, kick right foot to the side.

7-8 Step right foot forward, kick left foot to the side.

**(57-64) Walk Forward, Left, Right, Left, and Hitch. Step, Hip Bump.**

1-4 Step left foot forward, step right foot forward, step left foot forward, hitch right knee up.  
(traveling to 9:00)

5-8 Step right foot to right side, and bump hip: right, left, right, left.

**Begin again**

**Note: The last time through the dance (5th time), you will dance through count 52,  
and then Make a full turn left, this should put you on the 12:00 wall,  
and then keeping dancing the rest of steps until count 64.**

**Ending: 16 counts.**

1-8 Step, Together. Step, Together.

1-4 Step right foot to right side, step left foot next to right foot.

5-8 Step left foot to left side, step right foot next to left foot.

9-16 Step, Together. Step, Touch Together.

1-4 Step right foot to right side, step left foot next to right foot.

5-8 Step left foot to left side, touch right toe next to left foot, right knee in front of left knee.

**Place left hand behind left ear, and lift right arm up to the side.**

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