

Just Your Size

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Jo Thompson Szymanski (USA) - October 2007
音乐: My Man's an Undertaker - Catherine Russell : (CD: Cat)



This dance is to be done with a Broadway Jazz Dance Style as if you were in a musical! Have fun!

POINT, CROSS, POINT, CROSS, BROADWAY STYLE JAZZ BOX

- 1-2 Point Right foot to Right side (1), Step Right foot across in front of Left (2).
- 3-4 Point Left foot to Left side (3), Step Left foot across in front of Right (4).
- 5-6 Step Right foot across in front of Left, lean back slightly, hips forward as if doing the limbo (5), Step back with Left foot, lean forward slightly, hips back as if taking a bow (6).
- 7-8 Step Right foot to Right side (7), Step Left foot across in front of Right (8).

STEP, KICK, BALL, CROSS, KICK, BALL, CROSS, STOMP

- 1-2 Step Right foot to Right side (1), Kick Left foot to Left front diagonal, let body face slightly left, lean back and slightly to Right side. Put left hand on left hip, shake Right hand at right side of head, fingers spread and pointing up, palm forward (2).

Note: The hands and body position will stay the same through count 7, release on count 8.

- 3-4 Step back on ball of Left foot (3), Step Right foot across in front of Left (4).
- 5-6 Kick Left foot to Left front diagonal (5), Step back on ball of Left foot (6).
- 7-8 Step Right foot across in front of Left (7), Stomp Left foot beside Right (8).

KNEE, BALL CROSS, KNEE, BALL CROSS, SIDE ROCK, RECOVER, CROSSING TRIPLE

- 1&2 Lift Right knee up and slightly across with Right foot touching Left calf (1), Step back on ball of Right foot (&), Step Left foot across in front of Right (2).
- 3&4 Lift Right knee up and slightly across with Right foot touching Left calf (3), Step back on ball of Right foot (&), Step Left foot across in front of Right (4).
- 5-6 Rock Right foot to Right side (5), Recover weight to Left foot (6).
- 7&8 Step Right foot across in front of Left (7), Small step Left foot to Left side (&), Step Right foot across in front of Left (8).

JUMP TOUCH, HOLD, TURN, TOUCH, HOLD, & TOUCH & TOUCH & TOUCH, BALL CROSS

- &1-2 Small jump to Left side onto Left foot (&), Touch Right foot beside Left (1), Hold (2). On Count &1, drop Left shoulder down, raise right shoulder up.

Elbows should be bent slightly as if you were going to snap fingers, remaining there until count 8.

- &3-4 Small jump to Right side with Right foot, turning $\frac{1}{4}$ Right (&), Touch Left foot beside Right (3), Hold (4). On Count &3, drop Right shoulder down, raise Left shoulder up.

Note: Over the next counts &5, &6, &7, you will gradually complete another $\frac{1}{4}$ turn Right.

- &5&6&7 Small step Left foot to Left side (&), Touch Right foot beside Left (5), Small step Right foot to Right side (&), Touch Left foot beside Right (6), Small step Left foot to Left side (&), Touch Right foot beside Left (7), gradually completing $\frac{1}{4}$ turn right over the counts &5, &6, &7.

Think about it like this: &, Touch, &, Touch, &, Touch slowly turning $\frac{1}{4}$ Right.

- &8 Step back with ball of Right foot (&), Step Left foot across in front of Right (8).

Start again from the beginning.