

Go Jaded

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver / Easy Intermediate
编舞者: Michele Perron (CAN) & Frank Trace (USA) - January 2011
音乐: I'm Not Contagious - Chromeo : (CD: Business Casual)



Introduction:

After the instrumental intro, there is a pause in the music and then the beat kicks in with some vocals. Begin your 32 Count introduction at this point, dance begins on lyrics "Look around...."

Sec I: FORWARD, ACROSS, BACK, SIDE [JAZZ BOX]; ACROSS, TURN, SIDE, ACROSS

- 1-2 Right Step forward, Left Step across front of R
- 3-4 Right Step back, Left Step side L
- 5-6 Right Step across front of L, Left Step back & crossed behind R with 1/4 Turn R (3 o'clock)
- 7-8 Right Step side R, Left Step across front of R

Sec II: SIDE, HOLD/CLAP, HIP BUMPS: L,R, FORWARD- LOCK-FORWARD, HITCH

- 1-2 RIGHT Step side R, HOLD and Clap hands to R side
- 3-4 Hip Bump side L. Hip Bump side R [weight on R]
- 5-6 Left Step forward diagonal L, Right Lock/Step forward and behind L
- 7-8 Left Step forward diagonal L, Right Knee hitch

Sec III: WALKS BACK/TURN, HITCH, SYNCOPATED BUMPS L,R

- 1-4 Right, Left, Right Steps back with 1/4 Turn R,** Left Knee hitch (6 o'clock)
 - 5&6 Left Step forward diagonal L with L hip bump, Hip bump back, Hip bump forward diagonal L
 - 7&8 Right Hip bump back diagonal R, Hip Bump forward, Hip bump back diagonal R [weight on R]
- ** make an 'arc shape' using all three walks back to execute the turn on Counts 1,2,3**

Sec IV: TURN 1/4 L, SIDE, BEHIND- SIDE-CROSS, MONTEREY 1/2 TURN R

- 1-2 Turn 1/4 L with Left Step forward & across front of R, Right Step side R (3 o'clock)
- 3&4 Left Step crossed behind R, Right step side R, Left Step across front of R
- 5-6 Right Toe/Touch side R, Turn 1/2 R with Right Step beside L (9 o'clock)
- 7-8 Left Toe/Touch side L, Left Step beside R

Begin Again

ENDING: Dance ends on the front wall. Step forward on R & strike a "GO JADED" Pose. ?

Contacts:

michele.perron@gmail.com, micheleperron.com
franktrace@sssnet.com, www.traceofcountry.com