Cardio Jive

级数: Easy Intermediate

墙数:4 编舞者: Ike Po (USA) & Virginia Po (USA) - October 2011

音乐: Every Little Thing - Carlene Carter

TOE, HEEL TOUCH, CROSS STEP, TOE, HEEL TOUCH, CROSS STEP, ROCK RECOVER

- 1-3 Touch R toe to L instep, touch R heel to side, cross step R over L
- 4-6 Touch L toe to R instep, touch L heel to side, cross step L over R
- 7-8 Rock R back, recover L forward

LINDY SHUFFLE, ROCK RECOVER, ½ TURN SHUFFLE, ROCK RECOVER

- 1&2 Step R to side, step L next to R, step R to side
- 3-4 Rock L back, recover R forward
- 5&6 1/2 turn R step L back, step R back, step L next to R
- 7-8 Rock R back, recover L forward

BOOGIE WALK, SHUFFLE, SHUFFLE FORWARD

1-4 Walk R L R L forward with knee slightly bent, body leaned backward & toes pointed out

- (Style Open hands at waist level with palms facing forward, spread fingers while shaking hands)
- Step R forward, step L next to R, step R forward 5&6
- 7&8 Step L forward, step R next to L, step L forward

KICK, KICK, SAILOR STEP, KICK, KICK SAILOR STEP WITH 1/4 TURN L

- 1-2 Kick R forward & side
- 3&4 Step R behind L, step L next to R, step R to side
- 5-6 Kick L forward & side
- Step L behind R, step R next to L, 1/4 turn L step L to side 7&8

START OVER

TAG: At the end of the 4th & 8th wall (facing 12 o'clock) add jazz box JAZZ BOX

1-4 Cross R over L, step L back, step R to side, step L next to R

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Enjoy & have fun!



拍数: 32