

Beware Jezebels

拍數: 40
編舞者: Valerie Daniel - May 2015
音樂: Jezebels - Karyn Rochelle

牆數: 2

級數: Low Intermediate



Starts 16 counts in

There is also one Restart at the end of doing the second wall, just before starting your third at the front again. Leave out the last 4 counts (shuffle and triple turn) and restart the dance.

(1-8) □ Walk, Walk, Walk, Hitch ½ turn to left, walk, walk, step ¼ to the right

1,2,3,4 Walk Right, Walk Left, Walk Right. Hitch left leg turning ½ turn to the left.
5,6,7,8 Walk left, walk right, step left forward making a ¼ turn to the right. On count 8 slap both thighs.

(9-16) □ Sway hips R,L,R,L. Right Heel Hook ¼ turn to right. Step lock step R,L,R and Shuffle L,R,L.

1,2,3,4 Sway hips to the right, left, right, left. When swinging hips to the left for the last time heel hook your right in front of your left leg, making a ¼ turn to your right.
5&6 Step your right foot forward, step you left locking behind your right and step right foot forward.
7&8 Shuffle forward left, right, left.

(17-24) □ Right heel back, in front, across, in front, and back, step lock step. Walk, Walk, Shuffle L,R,L

&1&2& Kick right foot back heel first, kick forward, then hook right heel back across left leg, then kick right forward and back again. While doing the kicks, if able to, pivot left heel in the direction you are kicking your right heel back. If you are kicking your right heel back to the right, pivot left heel to the left. When you cross your right over your left to kick back pivot your left heel to the left.
3&4 Shuffle forward right, left, right.
5,6 Walk forward left and right.
7&8 Shuffle forward left, right, left.

(25-32) □ Rock Right, Recover, Syncopated weave to left stepping right behind left first, Unwind.

1, 2 Rock Right, recover on left.
3&4&5&6 Step right behind left, step left to side, cross right over left, step left to side, step right behind left, step left to side, cross right over left.
7,8 Unwind ½ turn, turning to your left for two counts.

(33-40) Rocking chair. Shuffle step, triple step full turn.

1,2,3,4 Rock forward on right foot back on left, rock back on right forward on left.
5&6 Shuffle forward right, left, right.
7&8 Make a full turn by stepping left, right, left. (You can also shuffle if easier)

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