

Triple J

拍數: 32 牆數: 4 級數: Phrased Improver
編舞者: Cody Flowers (USA) - October 2015
音樂: John Cougar, John Deere, John 3:16 - Keith Urban



Phrasing: A B A B A A B A B A A Tag-1 A B Tag-2 A B

Part A: 16 counts

A(1-8) Side-Together-Forward, Forward, ½ Turn, ½ Rock-Recover-Back, ½ Rock-Recover

1&2 Step LF to left side, Step RF beside LF, Step LF forward
3 4 Step RF forward, Pivot ½ Turn left (6:00) keeping weight on RF
5&6 Make ½ Turn left (12:00) rocking LF forward, Recover weight on RF, Step LF back
7 8 Pivot ¼ Turn right (3:00) rocking weight on RF, Pivot ¼ Turn right (6:00) recovering weight on LF

A(9-16) Triple ½ Turn, Forward, Forward, ¼ Turn, Cross

1&2 ½ Turn right (12:00) stepping forward on RF, Step LF beside RF, Step RF forward
3&4 Step LF forward, Make ¼ Turn right (3:00) stepping RF to right side, Cross LF over RF
5&6 Make ¼ Turn left (12:00) stepping back on RF, Make ½ Turn left (6:00) stepping LF forward, Make ¼ Turn left (3:00) stepping RF to right side
7 8 Hook LF behind RF unwinding full turn (3:00), point RF to right side

Part B: 16 counts

B(1-8) Cross, Rock-Recover, Cross, ¼ Turn ¼ Turn, Step, Step, ½ Turn, Rock-Recover, ¼ Turn

1&2 Cross RF over LF, Rock LF to left side, Recover weight on RF
3&4 Cross LF over RF, Make ¼ Turn left (12:00) stepping back on RF, Make ¼ Turn left (9:00) stepping forward on LF
5 6 Step RF forward, Pivot ½ Turn left (3:00) putting weight on LF
7 8 Rock forward on RF, Recover weight on LF making a ¼ Turn left (12:00)

B(9-16) Behind-¼-Forward, Step, Step-Lock-Step, Touch (x2), Kick, Step (x2), Twist (x2)

1&2 Step RF behind LF, Make ¼ Turn left (3:00) stepping LF forward, Step RF forward
3&4 Step LF forward, Lock RF behind LF, Step LF forward
&5&6& Touch RF beside LF, Step RF to right side, Touch LF beside RF, Step LF to left side, Kick RF forward
7&8& Step RF beside LF, Step LF to left side, Twist right knee towards left knee, Twist right knee away from left knee while putting weight on RF

Tag 1: (1-8) Side-Together-Forward, Forward, ½ Turn, ½ Rock-Recover-Touch

1&2 Step LF to left side, Step RF beside LF, Step LF forward
3 4 Step RF forward, Pivot ½ Turn left (6:00) keeping weight on RF
5&6 Make ½ Turn left (12:00) rocking LF forward, Recover weight on RF, Touch LF beside RF

Tag 2: (1-8) Side-Together-Forward, Forward, ½ Turn, ½ Rock-Recover-Back, ½ Rock-Recover

1&2 Step LF to left side, Step RF beside LF, Step LF forward
3 4 Step RF forward, Pivot ½ Turn left (6:00) keeping weight on RF
5&6 Make ½ Turn left (12:00) rocking LF forward, Recover weight on RF, Step LF back
7 8& Pivot ¼ Turn right (3:00) rocking weight on RF, Pivot ¼ Turn right (6:00) recovering weight on LF, Step RF beside LF