

Jamaican Dance

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Wendy Johansson (CAN) - October 2016
音樂: Jamaican Dance - Konshens : (iTunes)



Loose 3 Count Intro to lyrics: "Come on and pump and do the Jamaican dance." - First step is on the word "Dance"

[1-8] Step Right, Hold, Ball Step, Touch Left. 1/4 Turn & Repeat to Left.

1 2 & 3 4 Step R to right side. Hold. Step ball of L next to R. Step R to right side. Touch L.
5 6 & 7 8 1/4 Turn to R (to 3:00) and Step L to left side. Hold. Step ball of R next to L. Step L to left side. Touch R.

[9-16] Fwd Rock/Recover, Side Rock/Recover, Syncopated Weave Left.

1 2 3 4 Rock R forward, recover weight on L. Rock R to R side, recover weight on L.
5 6 7 & 8 Weave Left: Cross R behind L, Step L to L side, Cross R in front of L, Step L to L side, Cross R behind L.

[17-24] 1/4 Turn Shuffle, 1/2 Pivot Turn with Hip Roll, Skate R,L,R.

1 & 2 3 4 1/4 Turn to left (to 12:00), to shuffle forward: Step L, step R beside L, Step L. Step forward on R, pivot 1/2 Turn to Left and step L with hip roll (to 6:00).
5 6 7 8 Skate R to R diagonal, hold. Skate L to L diagonal and R to R diagonal.

[25-32] Cross, Step R 1/8 Turn, L Hitch/Hip Bump 2x, & Heel Jack & Touch & Heel Ball Cross.

1 2 3 4 Cross L over R to right side, Step R to right side with 1/8 Turn to left (to 4:30). Hitch L hip bump 2x to L diagonal (to 1:30).
&5&6&7&8 Facing 4:30 diagonal: Step L to left side, R heel to R diag. Step R beside L, Touch L toe beside R, Step L to left side, R heel to R diag, Ball R cross L over R. Square up to 3:00 to start again!

Ending: Last wall is at 9:00: End facing 10:30 diagonal. Step R to R side swinging R hip to R side with L arm up and L hand to side of head looking to the right at 12:00. SHAZAM!!!! :D

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