

No Way Jose

拍數: 64 牆數: 4 級數: Improver
編舞者: Jean Loafman (USA) - April 2017
音樂: No Way Jose - Ray Kennedy



Start dancing on lyrics.

S1: CHASSE RIGHT, ROCK, RECOVER, CHASSE LEFT, ROCK, RECOVER

1&2-3-4 Chasse side right-left-right, rock left back, recover to right
5&6-7-8 Chasse side left-right-left, rock right back, recover to left

S2: WALK 2, ROCKING CHAIR, TURN 1/4 LEFT

1-4 Step right forward, step left forward, rock right forward, recover to left
5-8 Rock right back, recover to left, step right forward, turn 1/4 left (weight left)

S3: WEAVE RIGHT, ROCK, RECOVER, STEP, HOLD

1-4 Cross right over, step left side, cross right behind, step left side
5-8 Cross/rock right over, recover to left, step right side, hold

S4: ROCK, RECOVER, STEP, HOLD, TURN 1/2 LEFT, HOLD

1-4 Cross/rock left over, recover to right, step left side, hold
5-8 Step right forward, turn 1/2 left (weight left), step right forward, hold

S5: LOCK STEP FORWARD 2X

1-4 Step left forward, lock right behind, step left forward, brush right forward
5-8 Step right forward, lock left behind, step right forward, brush left forward

S6: TURN 1/4 RIGHT, CROSS LEFT, HOLD, TURN 1/4 LEFT 2X, CROSS RIGHT, HOLD

1-4 Step left forward, turn 1/4 right (weight right), cross left over, hold
5-8 Turn 1/4 left and step right back, turn 1/4 left and step left side, cross right over, hold

S7: RUMBA BOX

1-4 Step left side, step right together, step left forward, hold
5-8 Step right side, step left together, step right back, hold

S8: SAILOR 1/4 LEFT, HOLD, JAZZ BOX CROSS

1-4 Turn 1/4 left and cross left behind, step right together, step left forward, hold
5-8 Cross right over, step left back, step right side, cross left over

Begin again.

Tag: after Wall 2:

RIGHT FORWARD ROCK, RIGHT SIDE ROCK, BEHIND, SIDE, CROSS, HOLD

1-4 Rock right forward, recover to left, rock right side, recover to left
5-8 Cross right behind, Step left side, Cross right over, hold

LEFT FORWARD ROCK, LEFT SIDE ROCK, BEHIND SIDE CROSS, HOLD

1-4 Rock left forward, recover to right, rock left side, recover to right
5-8 Cross left behind, step right side, cross left over, hold