

Jail

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Flo Moresteps (FR) - October 2018
音樂: Jail - Tara Thompson : (Album: Someone to take your Place - EP)



Intro: 16 counts (when counting slowly at 100 BPM) CW rotation.

SECTION 1: SIDE TOUCH SIDE, BEHIND-SIDE-CROSS-AND-CROSS, ¼ TURN, ¼ TURN-TOUCH-SIDE

1 & 2 RF to right side, Touch LF next to RF, Step LF to the left side
3 & 4 & 5 Cross RF behind LF, LF to side, Cross RF devant LF, LF to side, Cross RF in front of LF
6 ¼ turn left stepping LF forward [9:00]
7 & 8 ¼ turn left stepping RF to the right side, Touch LF next to RF, LF to the left side [6:00]

SECTION 2: CROSS, SIDE, SAILOR ¼, MAMBO, ½ TURN, STEP

1 – 2 Cross RF in front of LF, LF to the left side
3 & 4 Cross RF behind LF, ¼ turn right stepping LF to the left side, RF to right side [9:00]

TAG + RESTART, on wall 3

FINAL: Here on wall 10

5 & 6 Rock RF forward, Recover on RF, LF backward
7 – 8 ½ to the right side, stepping RF forward, LF forward [3:00]

SECTION 3: STEP, TOGETHER, HEEL SPLIT, ½ RUMBA FWD, HALF MONTEREY 3/8, POINT-TOUCH-POINT

1 & 2 & RF forward, LF next to RF, Split Heels, Recover Heels to the center (PDC à D)
3 & 4 LF to the left side, RF next to LF, LF forward
5 – 6 Point RF to right side, 3/8 turn right (to diagonal) bringing RF back next to LF [7:30]
7 & 8 Point LF to the left side, Touch LF next to RF, Point LF to the left side

SECTION 4: STEP BRUSH, STEP-LOCK-STEP, ROCK, RECOVER, 3/8 TURN LEFT, TOUCH

1 – 2 LF forward (still on diagonal), Brush RF forward
3 & 4 RF forward, Lock LF behind RF, RF forward
5 – 6 Rock LF forward, Recover on RF
7 – 8 3 /8 to the left stepping LF to the left side, Touch RF next to LF [3:00]

Start again from SECTION 1 Breath, Look Straight Ahead, Smile!

TAG/MODIFIED RESTART: (almost identical to the last 4 counts of the dance)

on walls 3 and 10 after 12 counts

5 – 6 Rock LF forward, Recover on RF
7 – 8 ¼ turn left stepping LF to the left side, Touch RF next to LF

FINAL : TAG + RF to side dragging LF (follow music)

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