

# Jul igjen

拍數: 48      牆數: 2      級數: Phrased Improver  
編舞者: Gunn M. S. Skår (NOR) - November 2018  
音樂: Nå er det jul by Murdrocks, Herman Dahl, Agnetesh, Stina Talling and Isabelle Eriksen



Intro: Start on Vocals – Sequence: AA BB Tag AA BBBB Tag BBB Ending

## Part A: 32 counts

### A[1–8] Step fwd R - L, Rocking Chair, Toe Struts, Step, ½ turn L, Step

1-2            Step RF forward, Step LF forward  
3&4&        Rock forward on RF, Recover onto LF, Rock back on RF, Recover onto LF  
5&6&        RF step forward on toe, RF heel down, LF step forward on toe, LF heel down  
7&8        Step RF forward, ½ turn L and step LF forward, Step RF forward

### A[9–16] Full turn R, Shuffle R, Cross and heel x2

1-2            Turn ½ R and step LF back, Turn ½ R and step RF forward  
3&4            Shuffle forward LF, RF, LF  
5&6&        Cross RF over LF, Step LF to L, Touch R heel forward, Step RF next to LF  
7&8            Cross LF over RF, Step RF to R, Touch L heel forward

### A[17–24] ¼ Turn L x2, Shuffle ½ turn L, Kick x2, Step, Heel Swivels

1-2            Turn ¼ L and step LF forward, Turn ¼ L and step RF forward  
3&4            Turn ½ L with shuffle forward LF, RF, LF  
5&6&        Kick RF forward, Step RF next to LF, Kick LF forward, Step LF next to RF  
7&8            Step RF forward, swivel heels to R side, swivel heels back to center

### A[25–32] Heel Bounces, Coaster Step, ½ Paddle Turn L with arm movements

1-2            ¼ turn L with both feet heel bounce x2 (end weight on RF)  
3&4            Step LF back, Step RF next to LF, Step LF forward  
5-6-7-8      1/8 turn L and touch RF to R x4 and move arms to the side and back next to hips  
(5&6&7&8&)

## Part B: 16 counts

### B[1–8] Step, ½ turn L, Point fwd, Step back, Coaster Step, Step, ½ turn L

1-2            Step RF forward, ½ turn L and step LF forward and swing arms up and down (1&2&)  
3-4            Point RF forward, Step RF back  
5&6            Step LF back, Step RF next to LF, Step LF forward  
7-8            Step RF forward, ½ turn L and step LF forward

### B[9–16] Sweep, Cross, step back, side step, close, out, out, in, cross, unwind ½ turn R, side step, side touch and clap, side step, side touch and clap

1&2            Sweep RF from back to front, Cross RF over LF, step LF back  
3&4&        Step RF to R, Close LF next to RF, Step RF out, Step LF out  
5&6            Step RF in, Cross LF over RF, unwind ½ turn R ending weight on LF  
7&8&        Step RF to R, Touch LF next to RF and clap, Step LF to L, Touch RF next to LF and clap

## Tag

### [1–4] Step, ½ turn L, Step, ½ turn L

1-2            Step RF forward, ½ turn L and step LF forward and swing arms up and down (1&2&)  
3-4            Step RF forward, ½ turn L and step LF forward and swing arms up and down (3&4&)

Ending: Turn to the front wall

**Merry Christmas! Have fun!**

**Contact: [gmsandoy@online.no](mailto:gmsandoy@online.no)**

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