

Jingle Bell Rock (P)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Phrased Improver
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音樂: Jingle Bell Rock (Glee Cast Version) - Glee Cast



Intro: 16 counts (approx. 7 seconds) Sequence: AAB AAB AAB

Starting position: Couples form a straight line down the hall, each couple facing respective partner.

PART A

SA1: Shuffle R, Back Rock, Vine L, Cross

1&2, 3-4 Step R to side, step L beside R, Step R to side, Rock L back, recover R
5-8 Step L to left, step R behind L, Step L to side, cross R over L

SA2: Shuffle L, Back Rock, Vine R, Cross

1&2, 3-4 Step L to side, step R beside L, Step L to side, Rock R back, recover L
5-8 Step R to right, step L behind R, Step R to side, cross L over R

SA3: Point, Step (X4)

1-4. Point R to right, small R step forward, Point L to left, small L step forward
5-8 Repeat steps 1-4

Note: Your partner passes you on your left

SA4: 1/8 Paddle Rocks (X4) or 1/8 Turning KBC (X4)

1-2. Step R fwd, paddle 1/8 turn to left
5-8 Repeat 3 more times until you've turn 1/2 around to the left (facing partner again)

Note: you can also choose to do Right Kick-Ball-Changes for counts 5-8 instead □

Note: You'll be facing your partner again

PART B

SB1: Basic Disco Rock, Turning Disco Rock

Note: Hold partner's hands

1-4. R rocking chair (angle body slightly to the left, keeping partner on your right side)
5-6. Step R fwd, 1/2 right step L back
7-8. Rock R back, recover weight to L

SB2: Basic Disco Rock, Turning Disco Rock

1-8 Repeat all of S1

SB3: Twists R, Twist L

(Release hand hold)

1-4. Twist both heels R, twist both toes R, twist both heels R, hold
5-8 Twist both heels L, twist both toes L, twist both heels L, hold

SB4: Out, Out, Heel Taps & Hip Bumps

1-2 Step R to side, hold (R arm up, palm face fwd)
3-4 Step L to side, hold (L arm up, palm face fwd)
5-8. Bounce/Tap R heel, and bump hips. At the same time bring both hand's down wriggling fingers like snow falling.

Enjoy!

MERRY CHRISTMAS & A HAPPY NEW YEAR!

