

Jerusalema Is My Home

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner and 64c 4w Intermediate
編舞者: Wanda Heldt (AUS) - July 2020
音樂: Jerusalema (feat. Nomcebo Zikode) - Master KG



[IKHAYA LAMI means: Is My Home or My Home] translations from Music Video or Swahalli

I just love this song and their Natural way of dancing.
But I Chor. this dance to suit my class and a touch of country - Yee haaa :-)

S1. STEP BACK ON RIGHT with a flick [Sit Position]] [Wt.on R.] LEFT TOE ON FLOOR AND KNEE BEND, PUSH RIGHT HIP Back & DOWN + 3 and SHOULDERS, STEP BACK ON LEFT with a flick [Sit Position] [Wt. on L] RIGHT TOE TO FLOOR AND KNEE BEND, PUSH LEFT HIP BACK & DOWN +3 and SHOULDERS

1. Slight flick of R.toe fwd.Step back on Right at 45 angle Right pushing right hip back/down [In a sit position]
- 2-4 Push 3 more Right hip bumps down and use shoulders also.
- 5 Slight flick L.toe Fwd. Step back on Left at 45 angle Left push Left hip back /down. [In a sit Position]
- 6-8 Push 3 more Left hip bumps down & use shoulders also.

S2. DIG RIGHT HEEL FORWARD, RECOVER ON LEFT, RIGHT COASTER STEP, LEFT HEEL GRIND with a 1/4 LEFT TURN, LEFT COASTER STEP

- 1-2 Dig Right heel forward, Recover on Left. [Wt.on L]
- 3&4 Step back on Right, Step Left beside Right, Step forward on Right.
- 5-6 1/4 turn Left Dig Left heel forward, Grind heel fanning toes Left. [Wt.on R] [9:00]
- 7&8 Step back on Left, Step Right next to Left, Step forward on Left.

S3. ROCK, RECOVER, FULL TRIPLE TURN RIGHT, ROCK, RECOVER, RIGHT COASTER STEP

- 1-2 Rock forward on Right, Recover on Left
- 3&4 Triple on the spot Stepping R.L.R. [9:00]
- 5-6 Rock forward on Left, Recover on Right.
- 7&8 Step back on Left, Step Right beside Left, Step forward on Left.

S4. 1/4 TURN LEFT RIGHT VINE, TOUCH, SIDE STEP L.R. HIPS BUMPS L.R.L. or ROLLING VINE

- 1-4 1/4 Turn Left - Step Right to Right side, Left Behind Right, Left Right to Right side. Touch with Left [6:00]
- 5-8 Step Left, Step Right next to Left hips bumps L.R.L. or Rolling Vine / Basic Vine.

Restart..... Beginner dance..

For the 64 count dance...S. 3 changes the dance to 4 walls. :-)
JERUSALEMA IS MY HOME

S1. STEP BACK ON RIGHT with a flick [Sit Position]] [Wt.on R.] LEFT TOE ON FLOOR AND KNEE BEND, PUSH RIGHT HIP Back & DOWN + 3 and SHOULDERS, STEP BACK ON LEFT with a flick [Sit Position] [Wt. on L] RIGHT TOE TO FLOOR AND KNEE BEND, PUSH LEFT HIP BACK & DOWN +3 and SHOULDERS

1. Slight flick of R.toe fwd.Step back on Right at 45 angle Right pushing right hip back/down [In a sit position]
- 2-4 Push 3 more Right hip bumps down and use shoulders also.
- 5 Slight flick L.toe Fwd. Step back on Left at 45 angle Left push Left hip back /down. [In a sit Position]
- 6-8 Push 3 more Left hip bumps down & use shoulders also.

S2. DIG RIGHT HEEL FORWARD, RECOVER ON LEFT, RIGHT COASTER STEP, LEFT HEEL GRIND with a 1/4 LEFT TURN, LEFT COASTER STEP

- 1-2 Dig Right heel forward, Recover on Left. [Wt.on L]
3&4 Step back on Right, Step Left beside Right, Step forward on Right.
5-6 1/4 turn Left Dig Left heel forward, Grind heel fanning toes Left. [Wt.on R] [9:00]
7&8 Step back on Left, Step Right next to Left, Step forward on Left.

S3. ROCK, RECOVER, FULL TRIPLE TURN RIGHT, ROCK, RECOVER, TURNING 1/2 TURN LEFT with Wt. on R. Just with Left heel

- 1-2 Rock forward on Right, Recover on Left.
3&4 Full triple Right Stepping R.L.R. [9:00]
5-6 Touch Left heel forward to floor, Turn 1/4 Left Touch heel to floor, [6]
7-8 Turn 1/4 Left Touch heel to floor, Step Left next to Right [3:00] :-)

As 2 Wall - do the 2x1/8 [6:00] as shown in Video also as a 1 wall

S4. 1/4 TURN LEFT RIGHT VINE, TOUCH, SIDE STEP L.R. HIPS BUMPS L.R.L. or ROLLING VINE

- 1-4 1/4 Turn Left - Step Right to Right side, Left Behind Right, Left Right to Right side. Touch with Left [3:00]
5-8 Step Left, Step Right next to Left hips bumps L.R.L. or Rolling Vine / Basic Vine.

S5. RIGHT FRONT, SIDE, TRIPLE R.L.R. LEFT FRONT, SIDE, TRIPLE L.R.L

- 1-2 Kick or Touch Right toe forward, Kick or Touch to Right Side.
3&4 Triple on the spot R.L.R.
5-6 Kick or Touch Left toe forward, Kick or Touch to Left side.
7&8 Triple on the spot L.R.L.

S6. 1/4 PADDLE TURN LEFT, SHUFFLE FORWARD, 1/4 PADDLE TURN RIGHT, SHUFFLE FORWARD

- 1-2 Step forward on Right 1/4 turn Left, Recover weight on Left.
3&4 Shuffle forward R.L.R.
5-6 Step Forward on Left 1/4 turn Right, Recover weight on Right.
7&8 Shuffle forward, L.R.L.

S7. STEP BACK RIGHT, TOUCH LEFT, STEP BACK LEFT, TOUCH RIGHT, STEP RIGHT FORWARD, TOUCH LEFT, STEP LEFT FORWARD, TOUCH RIGHT

- 1-2 Step back on Right, Touch Left toe to Left side.
3-4 Step back on Left, Touch Right toe to Right side.
5-6 Step forward on Right, Touch Left toe to Left side.
7-8 Step forward on Left, Touch Right toe to Right side.

S8. ROCK BACK ON RIGHT with a Hitch, RECOVER ON LEFT, SHUFFLE FORWARD R.L.R. ROCK FORWARD ON LEFT, RECOVER ON RIGHT with a FULL TURN LEFT, TRIPLE ON THE SPOT L.R.L.

- 1-2 Rock back on Right with a slight hitch, Recover on Left.
3&4 Triple on the spot R.L.R.
5-6 Rock forward on Left, Recover on Right with a Full turn Left. [3:00] If as a 2 Wall you face [6:00]
7&8 Triple on the spot L.R.L.

Restart..... HAVE FUN IN LIFE & IN DANCE

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