

Mason Jars

拍數: 96 牆數: 2 級數: Phrased Intermediate
編舞者: Sigg Gudenus (DE) - February 2021
音樂: Mason Jars & Fireflies - Canaan Smith



Note: The dance begins after 32 counts shortly after the singing starts.

Sequence: A, B, A*, B, A, B, B

Part A (1 Wall)

A1. Section: Diagonally Step Forward, Stomp r./l., Shuffle Back, Rock Back

1-2 RF step to the right diagonally forward, stomp LF next to RF
3-4 LF step to the left diagonally forward, stomp RF next to LF
5&6 RF step back, LF next to RF and RF step back
7-8 LF step back, slightly raise the RF and weight back onto RF

A2. Section: Heel Grind with ¼ Turn l., Rock Back, Diagonally Step Forward, Stomp l./r.

1-2 put left heel forward, turn left toe from right to left, at the same time ¼ turn to the left (on left heel), RF step back (9 o'clock)
3-4 LF step back, slightly raise the RF and weight back onto RF
5-6 LF step to the left diagonally forward, stomp RF next to LF
7-8 RF step to the right diagonally forward, stomp LF next to RF

A3. Section: Shuffle Back, Rock Back, Heel Grind with ¼ Turn r., Rock Back

1&2 LF step back, RF next to LF and LF step back
3-4 RF step back, slightly raise the LF and weight back onto LF
5-6 put right heel forward, turn right heel from left to right, at the same time ¼ turn to the right (on right heel), LF step back (12 o'clock)
7-8 RF step back, slightly raise the LF and weight back onto LF

A4. Section: Chassé, Back Rock r./l.

1&2 RF step to the right, LF next to RF and RF step to the right
3-4 LF step back, slightly raise the RF and weight back onto RF
5&6 LF step to the left, RF next to LF and LF step to the left
7-8 RF step back, slightly raise the LF and weight back onto LF

Restart: At the 2nd wall part A stop here and continue with part B.

A5. Section: Step, ½ Turn, Step, Touch Behind, Step Back, Kick, Step Back, Kick

1-2 RF step forward, ½ turn to the left (then weight on LF) (6 o'clock)
3-4 RF step forward, tap LF behind RF
5-6 LF step back, kick RF forward
7-8 RF step back, kick LF forward

A6. Section: Coaster Step, Step, ½ Turn l., Point r./l., Heel r./l.

1&2 LF step back, RF next to LF and LF step forward
3-4 RF step forward, ½ turn to the left (then weight on LF) (12 o'clock)
5& tap right toe to the right, RF next to LF
6& tap left toe to the left, LF next to RF
7& tap right heel forward, RF next to LF
8& tap left heel forward, LF next to RF

Part B (2 Wall)

B1. Section: Cross & Heel r./l., Scuff, Hitch, Stomp, Heel Fan r./l.

1& cross RF in front of LF, LF next to RF

- 2& tap right heel forward, RF next to LF
- 3& cross LF in front of RF, RF next to LF
- 4& tap left heel forward, LF next to RF
- 5&6 right heel floor grinder forward, raise right knee, stomp RF slightly forward
- &7 turn right heel to the right, turn back right heel (then weight on RF)
- &8 turn left heel to the left, turn back left heel (then weight on LF)

B2. Section: Kickball Change 2x, Side Rock, Sailor Step with ½ Turn

- 1&2 kick RF forward, step RF slightly to the right and LF next to RF
- 3&4 kick RF forward, step RF slightly to the right and LF next to RF
- 5-6 RF step to the right, slightly raise the LF and weight back onto LF
- 7&8 cross RF behind LF with ¼ turn to the right (3 o'clock), ¼ turn to the right and LF next to RF (6 o'clock), RF step to the right

B3. Section: Cross & Heel l./r., Scuff, Hitch, Stomp, Heel Fan l./r.

- 1&2 cross LF in front of RF, RF next to LF and tap left heel forward
- &3 LF next to RF, cross RF in front of LF
- &4 LF next to RF and tap right heel forward
- &5 RF next to LF, left heel floor grinder forward
- &6 raise left knee, stomp LF slightly forward
- &7 turn left heel to the left, turn back left heel (then weight on LF)
- &8 turn right heel to the right, turn back right heel (then weight on RF)

B4. Section: Kickball Change 2x, Side Rock, Sailor Step with ½ Turn

- 1&2 kick LF forward, step LF slightly to the left and RF next to LF
- 3&4 kick LF forward, step LF slightly to the left and RF next to LF
- 5-6 LF step to the left, slightly raise the RF and weight back onto RF
- 7&8 cross LF behind RF with ¼ turn to the left (3 o'clock), ¼ turn to the left and RF next to LF (12 o'clock), LF step to the left

B5. Section: Cross, Side, Behind & Heel r./l.

- 1-2 cross RF in front of LF, LF step to the left
- 3&4 cross RF behind LF, LF next to RF and tap right heel forward
- &5-6 RF next to LF, cross LF in front of RF, RF step to the right
- 7& cross LF behind RF, RF next to LF
- 8& tap left heel forward, LF next to RF

B6. Section: Cross, ¼ Turn, ¼ Turn, Scuff, Jazz Box with Scuff

- 1-2 cross RF in front of LF, ¼ turn to the right and LF step back (3 o'clock)
- 3-4 ¼ turn to the right and RF step to the right, LF heel grinder forward (6 o'clock)
- 5-6 cross LF in front of RF, RF step back
- 7-8 LF next to RF, RF floor grinder forward

Dance, Have Fun & Smile!
