

Jet Lag Uld 13

拍數: 64

牆數: 2

級數: Intermediate



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音樂: Jet Lag (feat. Kotak) - Simple Plan

Intro: 32 Counts

S1. LINDY STEP - KICK BALL CROSS - POINT

1 & 2 Step R to right side, Step L beside R, Step R to right side
3 - 4 Step back on L, Recover on R
5 & 6 Kick L forward, Step ball on L beside R, Cross R over L
7 - 8 Point L to left side, Hold

S2. CROSS - TURN BACK - CHASSE - FORWARD - HITCH - BACK - FLICK

1 - 2 Cross L over R, ¼ turn L step back on R (9.00)
3 & 4 Step L to left side, Step R beside L, Step L to left side
5 - 6 Step forward on R, Hitch L
7 - 8 Step back on L, Flick R (Looking Backward)

S3. V STEP - CHASSE (R - L)

1 - 2 Step forward on R to right diagonal, Step forward on L to left diagonal
3 - 4 Step R back to center, Step L beside R
5 & 6 Step R to right side, Step L beside R, Step R to right side
7 & 8 Step L to left side, Step R beside L, Step L to left side

S4. KICK BALL CHANGE (2x) - JAZZ BOX TURN

1 & 2 Kick R to right diagonal, Step ball on R beside L, Step L in place
3 & 4 Kick R to right diagonal, Step ball on R beside L, Step L in place
5 - 6 Cross R over L, ¼ turn right step back on L (12.00)
7 - 8 Step R to right side, Cross L over R

S5. SIDE - TURN HITCH - BACK - HOOK - TURN SIDE - TOUCH - SHUFFLE

1 - 2 Step R to right side, 1/4 turn left hitch L (9.00)
3 - 4 Step back on L, Hook R in front L knee
5 - 6 ¼ turn left step R to right side (6.00), Touch L beside R
7 & 8 Step forward on L, Step R beside L, Step forward on L

S6. CHASSE - TURN - CHASSE - MODIFIED JAZZBOX

1 & 2 Step R to right side, Step L beside R, Step R to right side
3 & 4 ½ turn left step L to left side (12.00), Step R beside L, Step L to left side
5 - 6 Scuff R, Cross R over L
7 - 8 Step back on L, Step R to right side

S7. KICK - SAILOR STEP - KICK - COASTER STEP

1 - 2 Kick L to right diagonal, kick L to left side
3 & 4 Cross L behind R, Step R to right side, Step L in place
5 - 6 Kick R to left diagonal, Kick R to right side
7 & 8 Step back on R, Step L beside R, Step forward on R

S8. CHASSE BOX - KICK BALL CHANGE

- 1 & 2 Step L to left side, Step R beside L, Step L to left side
3 & 4 ¼ turn left step R to right side (9.00), Step L beside R, Step R to right side
5 & 6 ¼ turn left Step L to left side (6.00), Step R beside L, Step L to left side
7 & 8 Kick R forward, Step ball on R beside L, Step L in place

NOTE:

TAG: After wall 2

- 1 - 2 Step forward on R to right diagonal, Step forward on L to left diagonal
3 - 4 Step R back to center, Step L beside R
& 5 Both out on R L
& 6 Both in on R L
& 7 Both out on R L
& 8 Both in on R L

BRIDGE: After wall 4

- 1 - 2 Cross R over L, Sweep L from back to front
3 - 4 Cross L over R, Step R to right side
5 - 6 Cross L behind R, Sweep R from front to back
7 - 8 Cross R behind L, ¼ turn L step forward on L

- 1 - 2 Step forward on R, Hold
3 - 4 ½ turn left weight on L, Hold
5 - 6 Step forward on R, Hold
7 - 8 ½ turn left weight on L, Hold

After Bridge, start on section 3 (facing 09.00)

Finish on wall 7 on Section 5 + 2 counts

- 1 - 2 ½ turn left point R to right side, Hold

Enjoy Dancing

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