

5 EZ Jigs (in 5 minutes)

拍數: 16 牆數: 4 級數: Beginner
編舞者: K. Sholes (USA) & K's N-Line Dancers (USA) - March 2022
音樂: Folk Medley - Richard Tognetti, Phillip Ayling & Eric Riegler : (Far Side of the World))



Dance #1 16 Count 4 Wall

Sailor walk X2 Shuffle (high knee, pointed toe)

1&2 3&4 Step R behind L, Step L to side, Step R in place, Step L behind R, Step R to side, Step L in place,
5&6 7&8 Step R forward, Step L next to R, Step R forward, Step L forward, Step R next to L, Step L forward.

Hop/touch X4 Monterey Spin (1/4 turn)

1&2&3&4 Hop R back/touch L toe next to R, Hop L back/touch R toe next to L, Hop R back/touch L toe next to R, Hop L back/touch R toe next to L.
5-8 Touch R toe to side, Step R 1/4 right, Touch L toe to side, Step L next to R.

Repeat

Dance #2 16 Count 1 Wall

Toe-heel, Cha Cha Cha X2

1 2 3&4 Tap R toe in, Tap R toe out, Step R to side, Step L next to R, Step R to side,
5 6 7&8 Tap L toe in, Tap L heel out, Step L to side, Step R next to L, Step L to side.

Shuffle, Touch/Clap Clap X2

1&2 3&4 Step R forward, Step L next to R, Step R forward, Touch L toe next to R/Clap, clap,
5&6 7&8 Step L back, Step R next to L, Step L back, Touch R next to L/Clap, clap.

Repeat

Dance #3 16 Count 1 Wall

Touch X3, Step, Touch X3, Step

1-4 Touch R across L, Touch R to side, Touch R behind L, Step R,
5-8 Touch L across R, Touch L to side, Touch L behind R, Step L. Step, Touch X4
1-4 Step R to side, Touch L next to R, Step L to side, Touch R next to L,
5-8 Step R forward, Touch L next to R, Step L back, Touch R next to L.

Repeat

Dance #4 24 Count 1 Wall Waltz

Twinkle X2, Standard Waltz step X2, Standard Waltz step X2, Steptouch-Hold X2

1-6 Cross R over L, Step L to side, Step R in place, Cross L over R, Step R to side, Step L in place,
7-12 Step R forward, Step L next to R, Step R forward, Step L forward, Step R next to L, Step L forward.
1-6 Step R back, Step L next to R, Step R back, Step L back, Step R next to L, Step L back,
7-12 Step R to side, Touch L next to R, Hold, Step L to side, Touch R next to L, Hold.

Repeat

Dance #5 32 Count 2 Wall (Dancers alternate positions As & Bs in 1st half of dance & face the same way during the second part)

weight begins on L foot for all...A's facing backwards, B's facing forward

Rock, Recover, Turn 1/2 Cha Cha Cha X3*, Tap, Step X2

1 2 3&4 5 6 Rock R forward, Recover L, Step R 1/4 right, Step L next to R, Step R 1/4 right, Rock L
7&8 forward, Recover R, Step L 1/4 left, Step R next to L, Step L 1/4 left,

***Rock R forward, Recover L, Step R 1/4 right, Step L next to R, Step R 1/4 right, Tap L heel forward, Step L,
Tap R heel forward, Touch R next to L.**

***(B's will Rock forward, Recover L, Coaster R instead of turning) Step-together X2, Step, Cap, Clap X2**

1&2&3&4 Step R to side, Step L next to R, Step R to side, Step L next to R, Step R to side, Clap Clap,
5&6&7&8 Step L to side, Step R next to L, Step L to side, Step R next to L, Step L, Clap Clap.

Heel-hook X2

1-4 Tap R heel forward, Tap R toe over L, Tap R heel forward, Step R back,

****5-8 Tap L heel forward, Tap L toe over R, Tap L heel forward, Step L back.**

**** (A's will tap L forward, Touch L toe over R, Pivot 1/2 to right, Clap.**

Repeat

Enjoy!
