

T. J Brown

拍數: 88 牆數: 1 級數: Phrased Intermediate
編舞者: Sylvie DENISOT (FR) - August 2022
音樂: T.J.'s Last Ride - Roger Miller



Introduction: 18 Counts (16 counts + 2 counts with a HIP BUMP to right)

Sequences : A – B – A – B – C – A – B – A – B – B (16 counts)

Part A : (Verse)

[1-8] TRIPLE STEP FWD DIAGONALITY, STEP DIAGONALITY, TOUCH, (X 2)

- 1&2 Step right forward on diagonally right , Step forward on left next to right, Step right forward on diagonally right
- 3-4 Step left forward on diagonally left, Touch right next to left.
- 5&6 Step right forward on diagonally right , Step forward on left next to right, Step right forward on diagonally right
- 7-8 Step left forward on diagonally left, Touch right next to left

[9-16] TRIPLE STEP BACK DIAGONALITY, STEP BACK DIAGONALITY, TOUCH, (X 2)

- 1&2 Step right back on diagonally right, Step on left next to right, Step right back on diagonally right
- 3-4 Step left back on diagonally left, Touch right next to left
- 5&6 Step right back on diagonally right, Step on left next to right, Step right back on diagonally right
- 7-8 Step left back on diagonally left, Touch right next to left

[17-18] HIP BUMP

- 1-2 Step right on diagonally forward and bump hips to Right, Return to center

[19-26] CHASSE RIGHT, CROSS ROCK STEP, CHASSE LEFT, CROSS ROCK STEP

- 1&2 Step right to right side, Step left next to the right, Step right to right side
- 3-4 Cross step left over right, Recover onto left
- 5&6 Step left to left side, Step right next to the left, Step left to left side
- 7-8 Cross step right over left, Recover onto right

[27-34] CHASSE ¼ TURN, STEP ½ TURN, ¼ TURN CHASSE, ROCK BACK

- 1&2 Step right to right side, Step left next to the right, Make turn ¼ in right stepping right forward
- 3-4 Step forward on left, Making ½ turn in right
- 5&6 Make ¼ turn in left step left to left, Step right next to the left, Step left to left side
- 7-8 Rock right back, Recover on left

[35-36] HIP BUMP

- 1-2 Step right on diagonally forward and bump hips to Right, Return to center

Part B : (Chorus)

[1-8] GALOP FWD, TOUCH, (X2)

- 1&2&3 Step right forward, Ball step forward on left next to right, Step right forward, Ball step forward on left next to right, Step right forward
- 4 Touch left next to right
- 5&6&7 Step left forward, Ball step forward on right next to left, Step left forward, Ball step forward on right next to left, Step left forward
- 8 Touch right next to left

[9-16] SKATE (X4), STEP ½ TURN, WALK (2)

- 1-4 Skate right on diagonally forward right, Skate left on diagonally forward left, Skate right on diagonally forward right, Skate left on diagonally forward left
- 5-6 Step forward on right, Make turn ½ in left
- 7-8 Step forward on right, Step forward on left

[17-24] GALOP FWD, TOUCH, (X2)

- 1&2&3 Step right forward, Ball step forward on left next to right, Step right forward, Ball step forward on left next to right, Step right forward
- 4 Touch left next to right
- 5&6&7 Step left forward, Ball step forward on right next to left, Step left forward, Ball step forward on right next to left, Step left forward
- 8 Touch right next to left

[25-32] SKATE (X4), STEP ½ TURN, WALK (2)

- 1-4 Skate right on diagonally forward right, Skate left on diagonally forward left, Skate right on diagonally forward right, Skate left on diagonally forward left
- 5-6 Step forward on right, Make turn ½ in left
- 7-8 Step forward on right, Step forward on left

[33-38] STOMP R - L, APPLE JACK

- 1-2 Stomp RF forward, Stomp left next to right
- &3 Take weight onto your right heel and your left toe, swivel your left foot to the right side, then return your feet to center
- &4 Take your weight onto your left heel and your right toe, swivel your right foot to the left side, then return your feet to center
- &5 Take weight onto your right heel and your left toe, swivel your left foot to the right side, then return your feet to center
- &6 Take your weight onto your left heel your right toe, swivel your right foot to the left side, then return your feet to center with weight ending on left

Option : Replace Apple Jack for SWIVET

- 3-4 Twist both toes to R (weight on Heel of RF and ball of LF), Return to center
- 5-6 Twist both toes to L (weight on Heel of LF and ball of RF), Return to center

Part C : (Musical phrase)

[1-8] KICK BALL CHANGE (X2), JAZZ BOX

- 1&2 Kick right diagonally right, Step right ball next to Left, Step left next to right
- 3&4 Kick right diagonally right, Step right ball next to Left, Step left next to right
- 5-6 Cross step right over left, step back on left
- 7-8 Step right to right side, Step forward on left

[9-14] KICK BALL CHANGE (X2), STOMP R,L

- 1&2 Kick right diagonally right, Step right ball next to Left, Step left next to right
- 3&4 Kick right diagonally right, Step right ball next to Left, Step left next to right
- 5-6 Stomp RF forward, Stomp left next to right

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