

Jello Shot

拍數: 32 牆數: 2 級數: Improver
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音樂: Jello Shot - Jay Allen



Intro: 8 Counts, Start at approx 10 secs

SEC 1 Twist Heel Out, In, Step, Side Rock, Cross, ¼ Back, Back, Back Rock, ½ Back, ¼ Hitch

1&2 Twist right heel to right, twist right heel to left, transfer weight onto right

3-4 Rock left to left, recover weight onto right

Option Snake roll left

5&6 Cross left over right, turn ¼ left step right back, step left back (9:00)

7&8& Rock right back, recover weight onto left, turn ½ left step right back, turn ¼ left hitch left knee (12:00)

*Restart Here on Wall 3, replace the ¼ hitch with turn ¼ left step left to left

SEC 2 Side, ¼ Step, ¼ Point, ½ Point, Cross Rock, Side, Cross Rock, Point

1-2 Step left to left, turn ¼ right step right forward (3:00)

Option On count 1 bend both knees and lower body

3-4 Turn ¼ right point left to left, turn ½ right point left to left (12:00)

5&6 Cross rock left over right, recover weight onto right, step left to left

7&8 Cross rock right over left, recover weight onto left, point right to right

SEC 3: ¼ Step, Back, Shuffle, ½ Diamond

1-2 Turn ¼ right step right forward, step left back (3:00)

3&4 Step right forward, step left beside right, step right forward

5&6 Cross left over right, step right to right, turn ⅙ left step left back (1:30)

7&8 Step right back, turn ⅜ left step left to left, step right forward (9:00)

SEC 4 Mambo Step, Coaster Step, Step, ½ Pivot, ¼ Side, Touch

1&2 Rock left forward, recover weight onto right, step left back

3&4 Step right back, step left beside right, step right forward

5-6 Step left forward, pivot ½ right transferring weight onto right (3:00)

7-8 Turn ¼ right step left to left, touch right beside left (6:00)

Tag At the end of Wall 6

Sway, Sway, Hold

1-2-3 Sway body right, sway body left, hold