

Mexican Jail

拍數: 32 牆數: 4 級數: Improver
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - August 2024
音樂: Mexican Jail (feat. Thomas Mac) - The 615 House, Cooper Alan & Trey Lewis :
(Amazon)



***1 easy tag & 2 restarts**

Start after 16 count intro on verse vocals – approx. 9secs – 3mins 47secs – 120bpm

[1-8] R forward, L touch together, L back, R forward kick, R rock back/recover, R kick ball step forward

1-4 Step R forward, touch L together, step L back, kick R forward

5-6 Rock R back, recover weight on L

7&8 Kick R forward, step R back, step L forward

[9-16] R syncopated jazz box, ¼ L toaster, step R/L forward

1-2 Cross step R over L, step L back

&3-4 Step R slightly back, cross step L over R, step R side

5&6 Turning ¼ left step L back, step R together, step L forward (9 o'clock)

7-8 Step R forward, step L forward

WALLS 4 & 8 RESTARTS: Dance the first 16 counts and restart the dance facing front wall

[17-24] R forward, ½ L heel bounce x2, L hitch, L back rock/recover, L forward shuffle

1-3 Step R forward, with weight on balls of the feet bounce on both heels x2 as you turn ½ left

4 Hitch up L knee (3 o'clock)

5-6 Rock L back, recover weight on R

7&8 Step L forward, step R together, step L forward

[25-32] Point R side, step R together, L/R heel switches, step R in place, point L side, step L together, ½ R Monterey, syncopated L side rock/R recover/L forward

1&2& Point R side, step R together, touch L heel forward, step L together

3&4& Touch R heel forward, step R together, point L side, step L together

5-6 Point R side, turning ½ right step R together (9 o'clock)

7&8 Rock L side, recover weight on R, step L forward

WALLS 9 & 10 PROGRESSIVE TAGS: At the end of wall 9 facing L side wall dance the following 4 count tag:

1-4 R forward/recover weight on L, R back rock/recover weight on L (R Rocking chair)

At the end of wall 10 facing the back wall the tag progressively gets longer by 4 counts. Dance the same first 4 counts as the first tag (R rocking chair) then add 4 more counts:

5-8 Step R forward, pivot ½ left, weight on L, step R forward, pivot ½ left, weight on L

ENDING: Dance first 4 counts & strike a pose! Ta! Da!