

Lower East Side

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Jeanette Robson (UK)
音樂: Lower East Side - Eric Heatherly



RIGHT STRUT, LEFT STRUT, RIGHT STRUT, LEFT STRUT

- 1-2 Right toe strut (touch right toe to floor, step right heel to floor)
- 3-4 Left toe strut (touch left toe to floor, step left heel to floor)
- 5-6 Right toe strut (touch right toe to floor, step right heel to floor)
- 7-8 Left toe strut (touch left toe to floor, step left heel to floor)

ROCK RIGHT REPLACE SHUFFLE ½ TURN RIGHT, LEFT STRUT, RIGHT STRUT

- 1-2 Rock forward on right, replace weight back onto left
- 3&4 Over right shoulder make a shuffle ½ turn right (step right ½ turn right, bring left foot to right, step right foot forward)
- 5-6 Left toe strut (touch left toe to floor, step left heel to floor)
- 7-8 Right toe strut (touch right toe to floor, step right heel to floor)

LEFT STRUT, RIGHT STRUT, ROCK LEFT REPLACE SHUFFLE ½ TURN RIGHT

- 1-2 Left toe strut (touch left toe to floor step left heel to floor)
- 3-4 Right toe strut (touch right toe to floor step right heel to floor)
- 5-6 Rock forward on left, replace weight back onto right
- 7&8 Over left shoulder make a shuffle ½ turn left (step left ½ turn left, bring right foot to left, step left foot forward)

RIGHT CROSS ROCK REPLACE, CROSS ROCK HITCH LEFT, LEFT CROSS ROCK REPLACE, CROSS ROCK HITCH LEFT

- 1-2 Angle body left & cross rock right foot over left foot, rocking back onto left foot
- 3-4 Rock forward again and across with right foot (putting weight on right), hitch left knee straightening up
- 5-6 Angle body right & cross rock left foot over right foot, rocking back onto right foot
- 7-8 Rock forward again across with left over right foot (putting weight on left), hitch right knee straightening up

BACK RIGHT, HITCH LEFT, BACK LEFT, HITCH RIGHT, BACK RIGHT, HITCH LEFT, LEFT COASTER STEP

- 1-2 Step back on right foot, hitch left knee
- 3-4 Step back on left foot, hitch right knee
- 5-6 Step back on right foot, hitch left knee
- 7&8 Step back on left, bring right foot close beside left, step left foot forward

MONTEREY ½ TURN RIGHT, POINT LEFT TO LEFT SIDE, MONTEREY ½ TURN RIGHT, POINT LEFT TO LEFT SIDE

- 1-2 Touch right to right side, make a ½ turn right stepping right beside left
- 3-4 Touch left to left side, step left beside right
- 5-6 Touch right to right side, make a ½ turn right stepping right beside left
- 7-8 Touch left to left side, step left beside right

RIGHT KICK BALL CHANGE TWICE, JAZZ BOX ¼ TURN RIGHT

- 1&2 Kick right forward, step in place with right, step in place with left
- 3&4 Kick right forward, step in place with right, step in place with left
- 5-6 Cross step right over left step back on left

7-8 Turn ¼ right stepping right to right side, step left beside right

JAZZ BOX IN PLACE, JAZZ JUMPS FORWARD AND BACK

1-2 Cross step right over left, step back on left

3-4 Step side right on right, step left beside right

5&6 Jump forward right, left

7&8 Jump back left, right

REPEAT
