

No Way Jose

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Alison Carrington (UK)
音樂: No Way Jose - Ray Kennedy



RIGHT KICK BALL CHANGE, ROCK STEP, COASTER STEP, FORWARD, HOLD

1&2 Kick right forward, step right beside left, step onto left in place
3-4 Rock forward on right, rock back onto left
5&6 Step back right, step left beside right, step forward right
7-8 Step forward left, hold

HEEL SWIVEL ¼ TURNS, WITH HOLDS

9-10 Swivel heels left making ¼ turn right, hold
11-12 Swivel heels right making ¼ turn left, hold
13 Swivel heels left making ¼ turn right
14 Swivel heels right making ¼ turn left
15-16 Swivel heels left making ½ turn right, hold

SHUFFLE FORWARD, ROCK STEP, RIGHT & LEFT BACK STRUTS

17&18 Step forward left, close right beside left, step forward left
19-20 Rock forward on right, rock back onto left
21-22 Step back on right toe, drop right heel taking weight
23-24 Step back on left toe, drop left heel taking weight

BACK SHUFFLE, BACK ROCK, LEFT & RIGHT STRUTS FORWARD

25&26 Step back right, close left beside right, step back right
27-28 Rock back on left, rock forward onto right
29-30 Step forward left toe, drop left heel to floor taking weight
31-32 Step forward right toe, drop right heel to floor taking weight

HIP BUMPS, LEFT & RIGHT STRUTS FORWARD

33&34 Touching left toe slightly forward, bump hips-left, right, left
&35&36 Continue bumping hips - right, left, right, left

You can move up & down during hip bumps. Weight remains on right

37-38 Step left toe forward, drop left heel to floor taking weight
39-40 Step right toe forward, drop right heel to floor taking weight

HIP BUMPS, LEFT & RIGHT STRUTS FORWARD

41-48 Repeat steps 33-40

LEFT & RIGHT SHUFFLES FORWARD, STEP, ½ PIVOT RIGHT, FULL TURN FORWARD

49&50 Step forward left, close right beside left, step forward left
51&52 Step forward right, close left beside right, step forward right
53-54 Step forward left, pivot ½ turn right
55 On ball of right make ½ turn right, stepping back on left
56 On ball of left make ½ turn right, stepping forward right

LEFT SHUFFLE, RIGHT SHUFFLE, STEP, ½ PIVOT RIGHT, CROSS SHUFFLE

57&58 Step forward left, close right beside left, step forward left
59&60 Step forward right, close left beside right, step forward right
61-62 Step forward left, pivot ½ turn right

63&64

Cross left over right, step right to right side, cross left over right

REPEAT
