

Triple C Jam

拍數: 44 牆數: 0 級數:
編舞者: Crystalettes Dance Team
音樂: Girls With Guitars - Wynonna



- 1 With weight on heels, turn toes of both feet to left.
- 2 With weight on heels, turn toes of both feet to left.
- 3 With weight on heels, turn toes of both feet to left.
- 4 Hitch right knee while making $\frac{1}{4}$ turn to right.
- 5 Step forward on right.
- 6 Slide left foot forward to meet right.
- 7 Step forward on right.
- 8 Step together with left foot while making $\frac{1}{4}$ turn to left.

KICK BALL CHANGE

- 9&10 Kick right foot out. Step down on right next to left. Quickly switch weight back to left.
- 11-12 Step forward on right foot. Touch left foot next to right.
- 13-14 Step left with left foot. Touch right foot next to left.
- 15-16 Step right with right foot, beginning $\frac{1}{2}$ turn to right. Step on left, finishing $\frac{1}{2}$ turn.
- 17-18 Step right foot behind left. Step left.

19-20 Touch right heel out to right side. Step right foot to right, beginning $\frac{1}{2}$ turn to right.

- 21-22 Step on left, finishing $\frac{1}{2}$ turn. Step right foot behind left.
- 23 Touch left foot next to right.

HOP STEPS

- 24 Hop left foot back and right heel forward at the same time.
- 25 Hop to right, bringing feet back together.
- 26 Hop right foot back and left heel forward at the same time.
- 27 Hop to left, bringing feet back together.
- 28 Hop left foot back and right heel forward at the same time.
- 29 Hop to right, bringing feet back together.
- 30 Hop right foot back and left heel forward at the same time.
- 31 Hop to left, bringing feet back together.
- 32 Step right foot forward.
- 33 Hitch left knee and hop on right foot.
- 34 Step left foot back.
- 35-36 Shift weight to the right foot and bump hips forward twice.
- 37-38 Shift weight to the left foot and bump hips back twice.
- 39-40 Two hip rolls while turning $\frac{1}{4}$ turn to left.

JAZZ BOX

- 41-42 Step right foot across left. Step back on left foot.
- 43-44 Step back and to the right on right foot. Step left foot next to right.

REPEAT
