

Triple J

拍數: 48 牆數: 2 級數: Improver
編舞者: Michael Barr (USA)
音樂: Juke Joint Jumpin' - Barbara Carr



WALK, WALK, TAP, STEP - TRIPLE BACK, ROCK STEP

1-2 Walk right foot forward, walk left foot forward
3-4 Tap right toe behind left foot, step right foot in place
5&6 Small triple step back - left, right, left
Try a lock step if you like for 5&6. Back on left, cross right in front going back, back on left
7-8 Rock-step back onto right foot, return weight onto left foot in place

REPEAT 1-8

1-2 Walk right foot forward, walk left foot forward
3-4 Tap right toe behind left foot, step right foot in place
5&6 Small triple step back - left, right, left
Try a lock step if you like for 5 & 6. Back on left, cross right in front going back, back on left
7-8 Rock-step back onto right foot, return weight onto left foot in place

TAP, STEP, TAP, STEP - JAZZ BOX WITH ¼ TURN RIGHT

1-2 Tap right toe forward, step onto right foot slightly forward
3-4 Tap left toe forward, step onto left foot slightly forward
5-6 Cross right foot over left, step left foot back
7-8 Turn ¼ right and step right foot forward, step left foot to center

REPEAT 17-24

1-2 Tap right toe forward, step onto right foot slightly forward
3-4 Tap left toe up, step onto left foot slightly forward
5-6 Cross right foot over left, step left foot back
7-8 Turn ¼ right and step right foot forward, step left foot to center

KICK, KICK, TRIPLE STEP - KICK, KICK, TRIPLE STEP

1-2 Kick right forward, kick right side right
3&4 Step ball of right behind left foot, step left foot in place, step right foot to center
5-6 Kick left forward, kick left side left
7&8 Step ball of left behind right foot, step right foot in place, step left foot to center

ROCK, REPLACE, ½ TURN TRIPLE - ROCK, REPLACE, ½ TURN TRIPLE

1-2 (Rock) step right forward, replace weight onto left foot in place (pull right shoulder back)
3&4 Turning ½ right: turn ¼ right stepping onto right, step left next to right, turn ¼ right stepping right forward
5-6 (Rock) step left forward, replace weight onto right foot in place (pull left shoulder back)
7&8 Turning ½ left: turn ¼ left stepping onto left, step right next to left, turn ¼ left stepping left forward

REPEAT