

Jen-Jen

拍數: 32 牆數: 4 級數: Beginner
編舞者: Bonnie Savo (CAN)
音樂: Jenny from the Block - Jennifer Lopez



MOVING RIGHT DIAGONAL WITH TOE TAPS, MOVING LEFT DIAGONAL WITH TOE TAPS

1-2 Tap right toe next to left, tap a little further on right diagonal
3&4 Tap a little further, tap a little further, step on right (do not exceed a shoulder width)
Lean back with attitude on taps
5-6 Repeat 1, 2 tapping with left
7&8 Repeat 3&4, stepping on left (8)

CHARLESTON

1-2 Touch right toe forward, step right slightly back of left
3-4 Touch left toe back, step left slightly ahead of right
5-6 Repeat 1, 2
7-8 Repeat 3, 4

STEP RIGHT, TOGETHER, RIGHT, TOUCH LEFT (WITH SHOULDER MOVES)

1&2& With right foot, step right side toe, drop heel, step together with left toe, drop heel
Lift right shoulder up and lower left (1), let right drop and lift left shoulder (2)
3&4& Step to right with right toe, drop heel, touch together with left toe, drop heel
Let left shoulder drop, lift right shoulder up (3), let it drop and lift left shoulder up (4), and drop (&)

SIDE STEP LEFT WITH ¼ TURN LEFT (DOUBLE TIME), HANDS PUMP, CLAP

5&6& Moving left, step left, together with right, step left, together with right
Hands both in front, palms down, pump up and down, up and down
7&8& Moving left step left, together right, ¼ turn left as you step on left, touch right next to left
Hands continue to pump up and down, clap on count 8

LONG STEP RIGHT, BOUNCE HEELS/ LONG STEP LEFT, BOUNCE HEELS

1-2 Step to the right with right foot, together with left (and clap on count 2)
3&4& Lift both heels up and down, up and down (both hands on thighs)
5-6 Repeat 1, 2 with left
7&8& Repeat 3&4&

REPEAT

Dance dedicated to my favorite dancer, Jenna!
