

Jezabel

拍數: 32 牆數: 1 級數: Intermediate
編舞者: Chris Givens (USA)
音樂: Jezabel - Ricky Martin



WALK FORWARD, FORWARD SHUFFLE, FORWARD ROCK, ½ TURN, FORWARD SHUFFLE

1-2 Walk forward right then left(prissy walk)
3&4 Shuffle forward right-left-right
5-6 Rock forward on left, recover right
7&8 Make a ½ turn left, shuffle forward left-right-left

ROCK & CROSS, POINT, ¼ TURN, BODY ROLL, TOUCH-STEP-TOUCH

1&2 Rock out to right, recover left crossing right foot over left(weight on right)
3-4 Point left toes to left side, with weight remaining on right foot make ¼ turn left
5&6 Do a forward body roll ending with weight on left foot
7&8 Touch right toe beside left foot, step down on right foot beside left, point left toe forward(no weight)

FORWARD SHUFFLE, FORWARD ROCK, ¾ TURNING SHUFFLE, SIDE SHUFFLE

1&2 Shuffle forward left-right-left
3-4 Rock forward on right foot, recover left
5&6 Make a ¾ turn right shuffling right-left-right
7&8 Traveling to left shuffle left-right-left

SYNCOPATED STEP TOUCHES WITH BODY MOTIONS, FORWARD ROCK, LEFT SAILOR STEP

1& Bending arms at the elbows, traveling to the right, step right touch left
2&3&4 Repeat three times (use your arms, hips and shoulders as you do these step touches)
5-6 Rock forward on the left, recover right
7&8 Step left behind right, step right to right side, step left to left side

REPEAT

May optionally be made into a 4 wall line dance by making a ¼ turn left on the left sailor step. (last counts of the dance)

OPTIONAL ENDING

The music will slow and fade out at the end of the song. Dance the 1st 6 counts of the dance and then do 4 backwards shuffles beginning with the left. After the 4th shuffle, which will be 5&6, do a quick weight change (left-right) reaching arms forward with palms up (like "taa daaaaa").
