

Jezebel

拍數: 80 牆數: 2 級數:
編舞者: Karen Jones (UK) & Barry Porter (UK)
音樂: Jezebel - Ricky Martin



VERSE

LATIN WALKS RIGHT, LEFT, CROSS OUT OUT, HIP BUMPS RIGHT, LEFT

1-2 Cross right over left, cross left over right
3&4 Cross right over left, step out right, out left
5-6 Bump hips to left, bump hips to right
7&8 Circle hips around to the left twice (weight ending on left foot)

LOOK RIGHT, LEFT, RIGHT, LEFT, HINGE ½ TURN RIGHT, POINT LEFT, CROSS, POINT RIGHT

1-2 Turn body from hips to face back (bending knees slightly at same time) looking over right shoulder return to face front (knees straight)
3-4 Repeat counts 1-2 (weight on left)
5 ½ turn right bringing right next to left
6 Point left to left
7-8 Cross left over right, point right to right

BALL CROSS, POINT TO RIGHT, BALL CROSS, SIDE, SWEEP, CROSS, SIDE, CROSS, ¼ TURN

&1 Bring right back to left, cross left over right
2 Point right to right
&3- Bring right behind left, cross left over right
4 Step right to right side
5-6 ½ turn right sweeping left foot around and across right (weight on left)
7&8 Step right to right, cross left over right, step right ¼ turn right

SWEEP, CROSS, PUSH, BACK, HOOK, WALK FORWARD LEFT RIGHT, FORWARD LOCK STEP

1-2 Sweep left out to left and cross over right (weight on left)
&3 Large push back from left, stepping back onto right
4 Slide left back hooking left over right touching left toe on floor on the right side of right foot
5-6 Walk forward left, right
7&8 Left locking shuffle forward

¼ TURN RIGHT, TOGETHER, SIDE, CROSS, UNWIND ¾ TURN RIGHT, SIDE, CROSS SHUFFLE

1-2 ¼ turn right stepping right foot to right, step left next to right
3-4 Step right to right side, cross left over right
5 Unwind ¾ right (weight ends on right)
6 Step left to left side
7&8 Cross shuffle traveling left, stepping right, left, right

LEFT SIDE ROCK, RECOVER, ROCK ¼ TURN LEFT, RECOVER, ½ TURN RIGHT, SWEEP & LOCK, LEFT LOCK FORWARD

1 Rock left to left side
2 Recover to right foot
3 Turn ¼ left rocking out to left
4 Recover to right foot
5& Step left forward, ½ turn right
6 Turn ½ right sweeping right foot into the lock position behind left (weight on right)
7&8 Left locking shuffle forward

CHORUS

RIGHT, LEFT, RIGHT, / LEFT RIGHT LEFT, LUNGE FORWARD / PUSH ¼ TURN RIGHT, CHASSE RIGHT

1&2 Keeping feet apart rock on to ball of right, very subtle step forward on to ball of left, then right

3&4 Repeat stepping on ball of left, right, left

Styling note: place hands on hips and run them up the side of body through hair over counts 1-4

5-6 Right foot lunge forward and push back the weight on to the left foot

&7&8 ¼ turn right on ball of left, step right to right side, close left next to right, step right to right

CROSS ROCK, RECOVER, (WITH SHIMMIES) CHASSE LEFT, CROSS ROCK, RECOVER, (WITH SHIMMIES) CHASSE RIGHT

1 Cross rock left over right as you lean forward shimmy(shoulders move right left right over 1&2)

2 Recover weight back on to right

3&4 Step left to left side, close right next to left, step left to left side

5 Cross rock right over left as you lean forward shimmy(shoulders move left right, left over 5&6)

6 Recover weight back on to left

7&8 Step right to right side, close left next to right, step right to right side

LEFT, RIGHT, LEFT / RIGHT, LEFT RIGHT, LUNGE FORWARD / PUSH ¼ TURN LEFT, CHASSE LEFT

1&2 Keeping feet apart rock on to ball of left, very subtle step forward on to ball of right, then left

3&4 Repeat stepping on ball of right, left, right

Styling note: place hands on hips and run them up the side of body through hair over counts 1-4

5-6 Left foot lunge forward and push back the weight on to the right foot

&7&8 ¼ turn left on ball of right, step left to left side, close right next to left, step left to left

CROSS ROCK, RECOVER, (WITH SHIMMIES) CHASSE RIGHT, CROSS ROCK, RECOVER, (WITH SHIMMIES) CHASSE LEFT

1 Cross rock right over left as you lean forward shimmy(shoulders move left, right, left over 1&2)

2 Recover weight back on to left

3&4 Step right to right side, close left next to right, step right to right side

5 Cross rock left over right as you lean forward shimmy(shoulders move right, left right, over 5&6)

6 Recover weight back on to right

7&8 Step left to left side, close right next to left, step left to left side

REPEAT
