

Jingle Bell Rock

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Alan Clarke (UK)
音樂: Jingle Bell Rock - The Cheap Seats



RIGHT GRAPEVINE WITH HITCH, ROCKS WITH ARM SWINGS

- 1 Step right to right side
- 2 Cross left behind right
- 3 Step right to right side
- 4 Hitch left knee
- 5 Step left back rocking weight back onto left
- 6 Rock weight forward onto right
- 7 Rock weight back onto left
- 8 Rock weight forward onto right

During steps 5-8 place elbows at waist, fist clenched left arm angled down, right arm angled up. With each rocking action alternate arms up and down as if ringing bells

LEFT GRAPEVINE WITH HITCH, ROCKS WITH ARM SWINGS

- 9 Step left to left side
- 10 Cross right behind left
- 11 Step left to left side
- 12 Hitch right knee
- 13 Step back right rocking weight back onto right
- 14 Rock weight forward onto left
- 15 Rock weight back onto right
- 16 Rock weight forward onto left

During steps 13-16 place elbows at waist, fist clenched right arm angled down, left arm angled up. With each rocking action alternate arms up and down as if ringing bells

KICKS WITH RIGHT & LEFT, STEP ¼ PIVOTS LEFT TWICE

- 17 Kick right forward across left
- 18 Step right to right side
- 19 Kick left forward across right
- 20 Step left to left side
- 21 Step forward right
- 22 Pivot ¼ turn left
- 23 Step forward right
- 24 Pivot ¼ turn left

SYNCOPATED JUMP FORWARD, HEEL BOUNCES & KNEE POPS

- &25 Jump forward right, left
- 26-28 With weight on toes, bounce on heel three times
- 29 Push left knee forward across right
- 30 Return left to place and push right knee forward across left
- 31 Return right to place and push left knee forward across right
- 32 Return left to place and push right knee forward across left

REPEAT