Jitterbug Boogie

拍數: 64

級數: Intermediate/Advanced

編舞者: Kevin Staley (USA)

音樂: Jitterbug Boogie - The Fantastic Shakers

First place new choreography at Phoenix Dance Festival January 2001

TOE SIDE, HOLD, BACK, CROSS, HOLD, REPEAT

- 1-2 Right toe touch side (swing both arms out to sides), hold (snap fingers)
- &3 Right cross/step behind, left cross/step over right (lower both arms crossing at waist)
- 4 Hold (snap fingers)
- 5-6 Right toe touch side (swing both arms out to sides), hold (snap finger)
- &7 Right cross/step behind, left cross/step over right (lower both arms crossing at waist)
- 8 Hold (snap fingers)

TOE, TOE, TOE, STOMP, TURNING HEEL BOUNCES, SAILOR

- 1-2 Right toe touch side, right toe touch back
- 3-4 Right toe touch side, right stomp forward
- &5 Lift heels & turn 1/4 left, drop heels
- &6 Lift heels & turn 1/4 left, drop heels
- 7&8 Sailor step (left, right, left)

SAILOR STEP, SAILOR STEP, WALK, WALK, SHUFFLE

- 1&2 Right sailor step (right, left, right)
- 3&4 Left sailor step (left, right, left)
- 5-6 Walk forward right, left
- 7&8 Shuffle forward (right, left, right)

SYNCOPATED HEEL TOUCHES, MONTEREY TURN

- &1 Left step back, right heel touch 45 degrees right
- &2 Right step together, left step together
- &3 Right step back, left heel touch 45 degrees left
- &4 Left step together, right toe touch next to left
- 5-6 Right toe touch side, turn 1/4 right & step on right next to left
- 7-8 Left toe touch side, left step next to right (weight on left)

STEP, HOLD, STEP, STEP, HOLD, STEP, STEP, HOLD, STEP, TOUCH, HOLD

All moving forward, let body roll as you do these moves right foot will always be slightly ahead of left

- 1-2 Right step forward (very small step), hold & clap (weight on right)
- &3 Left step slightly forward, right step slightly forward
- 4 Hold & clap (weight on right)
- &5 Left step slightly forward, right step slightly forward
- 6 Hold & clap (weight on right)
- &7 Left step slightly forward, right heel touch slightly forward
- 8 Hold & clap (weight on left)

BACK, CROSS, OUT, OUT, HEEL BOUNCES

- Right step back, left step over right (weight on left) &1
- 2 Hold & clap
- &3 Right step out, left step out (shoulder-width apart)
- 4 Hold & clap





牆數:2

- &5&6 Heels up, heels down, heels up, heels down
- &7&8 Heels up, heels down, heels up, heels down

HIP BUMPS

1-4 Bump hips left, hold, bump hips right, hold5-8 Bump hips left, right, left, left (weight on left)

TOE STRUTS BACK, TURNING SHUFFLES

- 1-2 Right toe touch back, step down on right
- 3-4 Left toe touch back, step down on left
- 5&6 Shuffle in place (right, left, right) turning ½ right
- 7&8 Shuffle in place (left, right, left) turning ¼ right

REPEAT