

Jive At Five

拍數: 48 牆數: 4 級數:
編舞者: Michele Perron (CAN)
音樂: Little Black Dress - Kate & Grant Hart



FORWARD, BRUSH, FORWARD, TAP; BACK, BRUSH, BACK, TAP

- 1-2 Left step forward; right toe/ball brush forward
- 3 Right step forward (on counts 3 and 4, allow arms to sweep outwards)
- 4 Left toe/tap behind right (face 10:00)
- 5-6 Left step behind right; right toe/ball brush back
- 7 Right step back
- 8 Left toe/tap to the right side of right (face 1:00, arms back to center)

FORWARD, BRUSH, FORWARD, TAP; BACK, BRUSH, BACK, TAP

- 9-10 Left step forward; right toe/ball brush forward
- 11 Right step forward (on counts 11 and 12, allow arms to sweep outwards)
- 12 Left toe/tap behind right (face 10:00)
- 13-14 Left step behind right; right toe/ball brush back
- 15 Right step back
- 16 Left toe/tap to the right side of right (face 1:00, arms back to center)

TRIPLE STEPS LEFT, TOUCH, HOLD; TRIPLE STEPS RIGHT, TOUCH, HOLD

Slightly bend forward as in Lindy hop styling.

- 17&18 Left triple to side left (left step to side left, right step beside left, left step to side left)
- 19-20 Right touch beside left; hold

Styling option: double hip bumps to left

- 21&22 Right triple to side right (right step to side right, left step beside right, right step to side right)
- 23-24 Left touch beside right; hold

Styling option: double hip bumps to right

TRIPLE STEPS LEFT, TOUCH, HOLD; TRIPLE STEPS RIGHT, TOUCH, HOLD

Slightly bend forward as in Lindy hop styling.

- 25&26 Left triple to side left (left step to side left, right step beside left, left step to side left)
- 27-28 Right touch beside left; hold

Styling option: double hip bumps to left

- 29&30 Right triple to side right (right step to side right, left step beside right, right step to side right)
- 31-32 Left touch beside right; hold

Styling option: double hip bumps to right

SIDE-HOLD, TURN-HOLD, ROCK-HOLD, ROCK-HOLD

Deep knee bend in this section

- 33-34 Left lunge/step to side left (bend to right); hold
- 35-36 Right rock/step forward with ¼ turn right (bend back); hold
- 37-38 Left rock/step back (bend forward); hold
- 39-40 Right rock/step forward (bend back); hold (stay back)

BACK-KICK TWICE; FORWARD-KICK FORWARD-HOLD

Option: finger snaps on each flick/kick

- 41-42 Left step across and behind right; right flick/kick forward (bend back)
- 43-44 Right step across and behind left; left flick/kick forward (bend back)
- 45-46 Left step across in front of right; right flick/kick forward (bend back)
- 47-48 Right step stomp forward with weight change (straighten); hold

REPEAT
