

J-J-Jaboogie!

拍數: 48 牆數: 4 級數:
編舞者: James "Jimbo" Krywko (USA)
音樂: Jump, Jive & Wail - The Brian Setzer Orchestra



STEP, BOUNCE-STEP, BOUNCE-FORWARD-2-3 TAP

Styling: face slightly to the right-1/8 slant

- 1-2 Step (bounce) forward on to left, lift right foot bouncing on left
- 3-4 Step (bounce) back on to right, lift left foot bouncing on right
- 5-6 Step left foot forward, slide right up next to left
- 7-8 Step left foot forward, tap inside of right foot to ground

Styling: drop shoulders down and back on foot tap

STEP, BOUNCE-STEP, BOUNCE-BACK-2-TURN-SCUFF

- 1-2 Step (bounce) back on to right, lift left foot bouncing on right
- 3-4 Step (bounce) forward on to left, lift right foot bouncing on left
- 5-6 Step right foot back, slide left back to right
- 7-8 While turning ½ turn right step right foot forward, scuff left heel forward

TWIST-TWIST-TWIST-SCUFF STEP-SCUFF, STEP-SCUFF

- 1 Twisting hips 1/8 to right, step forward on left
- 2 Twisting hips 1/8 to left, step forward on right
- 3 Twisting hips 1/8 to right, step forward on left
- 4 Scuff right to right
- 5-6 Step in place on right foot, scuff left foot slightly left
- 7-8 Step in place on left foot, scuff right foot slightly right

TWIST-TWIST-TWIST-SCUFF STEP-SCUFF, STEP-SCUFF

Styling: On this set of twists move back on twist steps

- 1 Twisting hips 1/8 to left, step back on right
- 2 Twisting hips 1/8 to right, step back on left
- 3 Twisting hips 1/8 to left, step back on right
- 4 Scuff left to left
- 5-6 Step in place on left foot, scuff right foot slightly right
- 7-8 Step in place on right foot, scuff left foot slightly left

STEP, BOUNCE-STEP, BOUNCE-BOUNCE-BOUNCE-BOUNCE-¼ LEFT STOMP

- 1-2 Step (bounce) forward on to left, lift right foot bouncing on left
- 3-4 Step (bounce) back on to right, lift left foot bouncing on right
- 5-6 Bounce forward on to left, bounce back on to right
- 7 Bounce forward on to left, while turning ¼ left,
- 8 Stomp out on both feet apart, wide

Everyone has been yelling "SPREAD EM!" on the stomp out!

HEELS-HOLD, TOES-HOLD, HEELS, TOES, HEELS, KICK, GO

- 1-2 Bring heels in, hold
- 3-4 Bring toes in, hold
- 5-8 Bring heels in, bring toes in, bring heels in, kick left forward

REPEAT