

Jolene

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Johanna Olli (FIN)
音樂: Jolene - Dolly Parton



SHUFFLE FORWARD, ROCK STEP

1&2 Shuffle forward (right, left, right)
3-4 Rock forward on left foot, rock back on right foot

SHUFFLE TURN, ½ PIVOT

5&6 Shuffle left and turn ½ left (left, right, left)
7-8 Step right foot forward, turn ½ left

½ PIVOT, ¾ PIVOT

9-10 Step right forward, turn ½ left
11-12 Step right forward, turn ¾ left

SHUFFLE FORWARD, ½ PIVOT

13&14 Shuffle forward (right, left, right)
15-16 Step left foot forward, turn ½ right

SHUFFLE FORWARD, ½ PIVOT

17&18 Shuffle forward (left, right, left)
19-20 Step right foot forward, turn ½ left

¾ PIVOT, HIP BUMPS

21-22 Step right foot forward, turn ¾ left
23-24 Step right foot next to left and bump hip right, bump hip left

HIP BUMPS, STEPS FORWARD

25-26 Bump hip right, bump hip left
27-28 Step forward with right foot, step forward with left foot

FULL TURN TWICE

29-30 Step right foot forward starting full left turn, step left foot completing the full turn
31-32 Repeat steps 29-30

ROCK STEP, SHUFFLE IN PLACE

33-34 Rock forward on right foot, rock back on left foot
35&36 Shuffle in place (right, left, right)

ROCK STEP, SHUFFLE TURN

37-38 Rock forward on left foot, rock back on right foot
39&40 Shuffle left and turn ½ left (left, right, left)

STEPS FORWARD

41-44 Step 4 steps forward beginning with right foot (right, left right, left)

CROSS STEP, SAILOR SHUFFLE

45-46 Cross right foot over left, step left foot next to right
47&48 Step right foot behind left, step left foot next to right, step in place right

CROSS STEP, FULL TURN SHUFFLE

49-50 Cross left foot over right, step right next to left

51&52 Shuffle in place and turn a full turn left (left, right, left)

CROSS STEP, SIDE, CROSS STEP, SIDE

53-54 Cross right foot over left, step left next to right

55-56 Cross right foot behind left, step left next to right

HIP BUMPS

57-60 Bump hips right, left, right, left

½ PIVOT TWICE

61-62 Step right foot forward, turn ½ left

63-64 Step right foot forward, turn ½ left

REPEAT
