

Juanita

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Kim Swan (UK)
音樂: Juanita - Shania Twain



Sequence: AB, AB, AB, AB, A, Tag, A, AB (End of Dance)

PART A

CROSSING WALK, STEP, LOCK, STEP, ROCK-ROCK, ROLLING TURN

1-2 Step right forward and across left, step left forward and across right
3&4 Step forward on right, slide left to lock behind right, step forward on right
5-6 Rock forward on left, rock back on right
7&8 Roll backwards 1½ turns to left stepping left, right, left (finishing with weight on left)

SKATE, TURN RIGHT, TURN LEFT, CROSS SHUFFLES

1-2 Skate forward on right, skate forward on left
3&4& Step right ¼ turn to right, touch left beside right, step left ½ turn to left, touch right beside left
5-6 Step right to right side, cross left over right
7&8 Step right to right side, cross left over right, step right to right side

BACK LOCK, BACK SHUFFLE, COASTER, FORWARD SHUFFLE

1-2 Step back on left, slide right to lock in front of left
3&4 Step back on left, close right to left, step back on left
5&6 Step back on right, step left together, step forward on right
7&8 Step forward on left, close right to left, step forward on left

RONDE JAZZ BOX, HIP SWAYS

1-2 Sweep right forward and across left making ½ turn to left (finishing with weight on right)
3-4 Step back on left, step right beside left
5-6 Sway hips to left, sway hips to right
7&8 Sway hips left, right, left (finishing with weight on left)

PART B

TOE AND HEEL TOUCHES, STEP PIVOT, FORWARD SHUFFLE

1&2& Point right to side, step right back in place, point left to left side, step left back in place
3&4& Point right heel forward, step right back in place, point left heel forward, step left back in place
5-6 Step forward on right, pivot ½ turn left
7&8 Step forward on right, close left to right, step forward on right

STEP PIVOT, FORWARD SHUFFLE, SIDE ROCK CROSSES

1-2 Step forward on left, pivot ½ turn right
2&4 Step forward on left, close right to left, step forward on left
5&6 Rock right to right side, recover onto left, cross right over left
7&8 Rock left to left side, recover onto right, cross left over right

KICK BALL STEP, SWIVELS

1&2 Kick right forward, step down on right, step left in place
3 On balls of both feet, swivel ¼ turn right while bending knees
4 Swivel ¼ turn left to finish upright

TAG

The tag is only danced once. After completing four sequences of A and B you are facing the original wall. The instrumental starts and the Tag is danced after A, which is when facing the fifth wall at the end of the instrumental.

BODY TURN TO LEFT AND RIGHT WITH BENT KNEES

1-2 Bending both knees, turn body to left, straighten left leg and lift left toe up

3-4 Bending both knees, turn body to right, straighten right leg and lift right toe up
