

Judo Jammin

拍數: 64 牆數: 4 級數:
編舞者: Mike Bannister (USA) & Jo Everhart (USA)
音樂: Betty's Takin' Judo - Jeff Carson



RIGHT VINE, KICKS, TRIPLE STEPS

- 1-4 Step right foot to right, step left behind right, step right foot to right, step, left next to right as you turn ¼ turn to right
- 5-6 Kick right foot forward, keep foot up as you turn ¼ wall to left and kick right foot to right side (kicks may resemble judo kicks)
- 7&8 Triple step in place (right, left, right)

LEFT VINE, KICKS, TRIPLE STEPS

- 9-12 Step left foot to left, step right behind left, step left foot to left, step right next to left as you turn ¼ turn to left
- 13-14 Kick left foot forward, keep foot up as you turn ¼ wall to right and kick left foot to left side (kicks may resemble judo kicks)
- 15&16 Triple step in place (left, right, left)

RIGHT KICK BALL CROSS, STEP, 2 SCISSOR STEPS

- 17&18 Kick right foot forward, step on right ball of foot cross left in front of right
- 19-20 Step right to right, step left behind right
- 21-22 Jump back slightly on right foot and tap left heel forward to left, and return to home position
- Optional: arms: back motion right elbow pointed back with fist next to chest, left arm extended forward bent at elbow & fist toward ceiling**
- 23-24 Jump back slightly on right foot and tap left heel forward to left, and return to home position (take weight on right foot)

LEFT KICK BALL CROSS, STEP, 2 SCISSOR STEPS

- 25&26 Kick left foot forward, step on left ball of foot cross right in front of left
- 27-28 Step left to left, step right behind left
- 29-30 Jump back slightly on left foot and tap right heel forward to right and return to home position
- Optional: arms: back motion left elbow pointed back with fist next to chest, right arm extended forward bent at elbow & fist toward ceiling**
- 31-32 Jump back slightly on left foot and tap right heel forward to right and return to home position (take weight on right foot)

HEEL TAPS, STEP HEEL BALL TOUCHES, SYNCOPATED STEPS & CLAP

- 33-34 Tap right heel forward, step right foot home as you turn ¼ wall to left
- 35&36 Tap left heel forward, step left foot home on ball of foot & touch right foot next to left
- 37-38 Tap right heel forward, step right foot home as you turn ¼ wall to left
- 39&40 Tap left heel forward, step left foot home on ball of foot & touch right foot next to left
- 41-42 Tap right heel forward, step right foot home as you turn ¼ wall to left
- 43&44 Tap left heel forward, step left foot home on ball of foot & touch right foot next to left
- &45-46 Jump out with feet slightly apart stepping right, left, clap or snap fingers
- &47-48 Jump in with feet together stepping right, left, clap or snap fingers

KNEE ROLLS, MONTEREY TURNS

- 49-50 Roll right knee out for 2 counts
- 51-52 Roll left knee out for 2 counts
- 53-54 Tap right toe to right side, step right foot home as you turn ½ wall to the right
- 55-56 Tap left toe to left side, step left foot home taking weight

PIVOT TURN, 2 STOMPS & HEEL TAPS

- 57-58 Step forward on right foot pivot ½ wall to left
- 59-60 Stomp right, stomp left
- 61-62 Tap right heel 2 times
- 62-64 Tap left heel 2 times

REPEAT

Option 1

- 21-22 Step back on right toe at 45' angle, spring forward keeping weight on left foot & tapping right toe next to left

Option 2

- 29-30 Step back on left toe at 45' angle, spring forward keeping weight on right foot & tapping left toe next to right
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