

# 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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