

It's Jailhouse Rock Time

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Irene Groundwater (CAN)
音樂: Jailhouse Rock - Elvis Presley



TOE FORWARD, TAP HEEL 3 TIMES

1-2-3-4 Right toe forward, snap right heel down 3 times
Option: snap right fingers forward on counts 2, 3 and 4

FORWARD SHUFFLE, BRUSH

5-6-7-8 Left forward, close right to left, left forward, brush right forward beside left

TOE FORWARD, TAP HEEL 3 TIMES

9-10-11-12 Right toe forward, snap right heel down 3 times
Option: snap right fingers forward on counts 2, 3 and 4

FORWARD SHUFFLE, BRUSH

13-14-15-16 Left forward, close right to left, left forward, brush right forward beside left

SIDE-HEEL-TOE-HEEL, DRAG

17-18 Side step right with heel turned right, swivel right toe right dragging left toe right
19-20 Swivel right heel right dragging left toe right, touch left toe beside right instep
Option: side step right, close left to right, side step right, touch left beside right
Option 2: side step right, drag left towards right for two counts, touch left beside right

SIDE-HEEL-TOE-HEEL, DRAG

21-22 Side step left with heel turned left, swivel left toe left dragging right toe left
23-24 Swivel left heel left dragging right toe left, touch right toe beside left instep
Option: side step left, close right to left, side step left, touch right beside left
Option 2: side step left, drag right towards left for two counts, touch right beside left

KICK-BALL-CHANGE, FORWARD, PIVOT ¼ TURN LEFT

25&26 Kick right foot forward, step down on right ball, replace weight on left
27-28 Right forward, pivot ¼ turn left onto left foot
Option: right forward, hold, pivot ¼ turn left onto left foot, hold
Option: make circular movement to the right with hips on these steps

KICK-BALL-CHANGE, FORWARD, PIVOT ¼ TURN LEFT

29&30 Kick right foot forward, step down on right ball, replace weight on left
31-32 Right forward, pivot ¼ turn left onto left foot
Option: right forward, hold, pivot ¼ turn left onto left foot, hold
Option: make circular movement to the right with hips on these steps

REPEAT

Special thanks to Bill Bader for the Option 2 suggestion

The dance "In The Mood" is a combination of this dance plus "You Ain't Nothing But". I decided to teach the patterns as two separate dances so that my girls at the South Granville Seniors Center could master the dance "In The Mood".