

J Spy

拍數: 64 牆數: 2 級數: Advanced
編舞者: Jo Everhart (USA)
音樂: That Girl's Been Spyn' On Me - Billy Dean



RIGHT VINE, TRIPLE STEP, ROCK STEP

1-4 Step right to side; left behind right; right to side; step left next to right
5-6 Step right, left, right in place
7-8 Left rock back (step left foot behind right); step forward on right

STEP IN IN, OUT OUT, IN, CROSS, STOMP LEFT

&9 Step left next to right; step right in place
&10 Step left to side; step right to side, (ending with feet about shoulder's width apart)
&11 Bring left foot home; cross right over left
12 Left stomp up next to right (ending with weight on right foot)

LEFT HEEL TAPS

13-16 Point left toe forward (left forward 45') and tap left heel four times

LEFT VINE, TRIPLE STEP, ROCK STEP

17-20 Step left to side; right behind left; step left to side; step left next to right
21&22 Step left, right, left in place
23&24 Right rock back (step right foot behind left); step forward on right

STEP IN IN, OUT OUT, IN, CROSS, STOMP RIGHT

&25 Step right next to left; step left in place
&26 Step right to side; step left to side; (ending with feet about a shoulder's width apart)
&27 Bring right foot home; cross left foot over right
28 Stomp right up next to left (ending with weight on left foot)

RIGHT HEEL TAPS

29-32 Point right toe (forward right 45 degrees) tap right heel four times

ROCK STEPS

33-36 Rock forward on right; step left foot home; Rock back on right foot; step left foot home.
37-40 Repeat counts 33-36

TOE STRUTS

41-44 Tap right toe forward, slap right heel down; tap left toe forward; slap left heel down
45-48 Repeat last four steps

CROSS SCUFFS & UNWIND ½ TO RIGHT

49-50 Cross right foot in front of left; scuff left foot
51-52 Cross left foot in front of right; scuff right foot
53-54 Cross right foot in front of left; scuff left foot
55-56 Cross left foot over right; unwind ½ to right (ending with knees bent and feet about a shoulder's width apart)

SHOULDER BUMPS WITH HANDS ON KNEES

57&58 With hands on knees, bump right should to right; come back toward center; back to right
59&60 Repeat counts
55&56 Bumping left shoulder to left

61-62

Bump to the right; bump to the left

63-64

Bring both toes in toward home position followed by both heels, as you stand up straight

REPEAT
