

"J" Walkin'

拍數: 96 牆數: 1 級數: Intermediate
編舞者: Michael Seurer (USA)
音樂: Walking to Jerusalem - Tracy Byrd



- 1 Touch right heel forward
- 2 Cross right foot in front of left shin
- 3 Touch right heel forward
- 4 Step right foot back next to left
- 5 Touch left heel forward
- 6 Cross left foot in front of right shin
- 7 Touch Left heel forward
- 8 Step left foot back next to right

8-COUNT BEHIND VINE RIGHT, BRUSH

- 9 Step to the right on right foot
- 10 Cross left foot behind right and step
- 11 Step to the right on right foot
- 12 Cross left foot behind right and step
- 13 Step to the right on right foot
- 14 Cross left foot behind right and step
- 15 Step to the right on right foot
- 16 Brush left foot forward

8-COUNT BEHIND VINE LEFT, BRUSH

- 17 Step to the left on left foot
- 18 Cross right foot behind left and step
- 19 Step to the left on left foot
- 20 Cross right foot behind left and step
- 21 Step to the left on left foot
- 22 Cross right foot behind left and step
- 23 Step to the left on left foot
- 24 Brush right foot forward

FORWARD SHUFFLES

- 25&26 Shuffle forward (right, left, right)
- 27&28 Shuffle forward (left, right, left)
- 29&30 Shuffle forward (right, left, right)
- 31&32 Shuffle forward (left, right, left)

BACKWARD WALK, CLAP, BACKWARD WALK, STOMP & CLAP

- 33 Walk backward on right foot
- 34 Walk backward on left foot
- 35 Walk backward on right foot
- 36 Hold and clap hands
- 37 Walk backward on left foot
- 38 Walk backward on right foot
- 39 Walk backward on left foot
- 40 Touch right foot next to left and clap hands

VINE RIGHT, TOUCH, VINE LEFT, HITCH

- 41 Step to the right on right foot
- 42 Cross left foot behind right and step
- 43 Step to the right on right foot
- 44 Touch left foot next to right
- 45 Step to the left on left foot
- 46 Cross right foot behind left and step
- 47 Step to the left on left foot turning ½ turn to the left
- 48 Hitch right knee

VINE RIGHT, CROSS TOUCHES

- 49 Step to the right on right foot
- 50 Cross left foot behind right and step
- 51 Step to the right on right foot
- 52 Cross left foot over right and step
- 53 Touch right toe to the right
- 54 Cross right foot over left and step
- 55 Touch left toe to the left
- 56-60 Repeat beats 52-55

ROCKING CHAIRS

- 61 Rock forward on right foot
- 62 Step in place on left foot
- 63 Rock back on right
- 64 Step in place on left foot
- 65-68 Repeat beats 61-64

VINE RIGHT, TOUCH, VINE LEFT, HITCH

- 69 Step to the right on right foot
- 70 Cross left foot behind right and step
- 71 Step to the right on right foot
- 72 Touch left foot next to right
- 73 Step to the left on left foot
- 74 Cross right foot behind left and step
- 75 Step to the left on left foot turning ½ turn to the left
- 76 Hitch right knee

VINE RIGHT, CROSS TOUCHES

- 77 Step to the right on right foot
- 78 Cross left foot behind right and step
- 79 Step to the right on right foot
- 80 Cross left foot over right and step
- 81 Touch right toe to the right
- 82 Cross right foot over left and step
- 83 Touch left toe to the left
- 84 Cross left foot over right and step
- 85-88 Repeat beats 81-92

ROCKING CHAIRS

- 89 Step forward on right foot
- 90 Step in place left foot
- 91 Step back on right foot
- 92 Step in place on left foot
- 93-96 Repeat beats 89-92

REPEAT
