

Jailhouse Rock

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Gaye Teather (UK)
音樂: Jailhouse Rock - Elvis Presley



STOMPS, HOLDS, "RUNNING" STEPS FORWARD

- 1-8 Stomp right foot forward, hold, stomp left foot forward, hold, 3 small "running" steps forward right, left, right, hold
9-16 Stomp left foot forward, hold, stomp right foot forward, hold, 3 small "running" steps forward left, right, left, hold

Style note: during "running" steps, dip the knees slightly and turn them inwards with each step. Hips will rock side to side

TURNING TOE STRUTS MAKING ½ TURN RIGHT

- 17-20 Cross right toe over left foot, lower heel to floor, turn ¼ right stepping left toe back, lower left heel to floor
21-24 Turn ¼ right stepping right toe forward, lower right heel to floor, step left toe next to right foot, lower left heel to floor

LEFT HEEL AND TOE SWIVELS, KNEE AND HIP SWINGS

- 25-28 Swivel left heel to left, swivel left toe to left, swivel left heel to left, swivel left toe to left
29-32 Raise right heel and using right toe as lever swing both knees left, right left, right, pushing hips from side to side "Elvis style" (weight remains on left foot throughout)

RIGHT GRAPEVINE, FULL ROLLING TURN LEFT

- 33-36 Step right to right, step left behind right, step right to right, touch left next to right
37-40 Step left ¼ turn left, on ball of left make ½ turn left stepping back right on ball of right make ¼ turn left stepping left to left, touch right next to left

RIGHT SHUFFLE FORWARD, STEP PIVOT ½ TURN RIGHT, CHASSE LEFT, ROCK BACK

- 41&42 Step forward on right, close left to right, step forward on right
43-44 Step forward on left, pivot ½ turn right
45&46 Step left foot to left, close right to left, step left to left
47-48 Rock back onto right foot, recover weight forward onto left

RIGHT SHUFFLE FORWARD, STEP PIVOT ½ TURN RIGHT, CHASSE LEFT, ROCK BACK

- 49-56 Repeat steps 41-48

RIGHT SUGAR FOOT, KICK RIGHT FORWARD TWICE, JAZZ BOX TURNING ¼ RIGHT

- 57-60 Touch right toe to left instep, touch right heel to left instep, kick right foot forward twice
61-64 Cross right foot over left, step back on left, turn ¼ right stepping right to right. Close left to right

REPEAT

TAG

After 3 complete repetitions (end of 3rd wall) repeat steps 33-64 and then go back to the beginning and continue as normal to end of dance. This also applies when using the alternative music suggestion.