

Jalapeno

拍數: 44 牆數: 4 級數: Improver
編舞者: Maria Graube (SWE)
音樂: Jalapeño - Big & Rich



APPLE JACKS TWICE, RIGHT ROCK BACK, RIGHT STEP, LEFT PIVOT ½, STEP, FULL TURN

- 1& Taking weight onto right heel and left toe swivel right toe and left heel to right side, return feet to center
- 2& Taking weight onto left heel and right toe swivel left toe and right heel to left side, return feet to center
- 3&4 Rock back on right, rock forward onto left, step right foot forward
- 5-6 Step forward left, pivot ½ turn right, step left foot forward
- 7-8 Full turn left, stepping - left, right

Easy options: make two pigeon toes instead of apple jack and walk right, left instead of full turn

LEFT ROCK, LEFT COASTER STEP, RIGHT ROCK, MODIFIED RIGHT SAILOR STEP ¼

- 1-2 Rock forward on left, rock back on right
- 3&4 Step back left, step right beside left, step forward left
- 5-6 Rock to right side on right, rock onto left in place
- 7&8 Cross right behind left, step left to left side making ¼ turn right, step right forward

LEFT MAMBO, RIGHT MAMBO, WIDE STEP, CROSS UNWIND ½, SWAY

- 1&2 Rock to left side on left, rock onto right in place, both feet together with weight on left
- &3 Rock to right side on right, rock onto right in place
- &4 Both feet together with weight on left, left to left side feet apart
- 5-6 Cross right behind left, unwind ½ turn right
- 7-8 Sway (soft bump) the hips left, right

Easy option: 1-4 left to left side take weight left, right, left, hold

LEFT CHASSÉ, RIGHT ROCK BACK

- 1&2 Step left to left side, close right beside left, step left to left side
- 3-4 Rock back on right, rock forward onto left

RIGHT SHUFFLE FORWARD, LEFT ROCK STEP, LEFT SHUFFLE BACK, ½ TOES TURN TURN

- 1&2 Step forward right, close left beside right, step forward right
- 3-4 Rock forward on left, rock back on right
- 5&6 Step back left, close right beside left, step back left
- 7-8 Step right toe back, pivot ½ turn right while dropping right heel taking weight

LEFT SHUFFLE FORWARD, RIGHT ROCK STEP, RIGHT SHUFFLE BACK ¼ TURN

- 1&2 Step forward left, close right beside left, step forward left
- 3-4 Rock forward on right, rock back onto left
- 5&6 Step back right, close left beside right, step back right
- 7-8 Left foot back, turn ¼ left

REPEAT

TAG

After 4th wall

¼ PIVOT, HIP BUMPS

- 1-2 Step forward right, pivot ¼ turn left and stay in a wide step
- 3-4 Left right

5&6

Left right left

7&8

Right, left right
