

Jam (If You Can!)

COPPER KNOB
BY STEPHEN HETS

拍數: 42 牆數: 4 級數: Intermediate
編舞者: Chris Brocklesby (NZ)
音樂: Jam - Michael Jackson



RIGHT TOUCH, HOLD, RIGHT SHUFFLE, ROCK LEFT-RIGHT, LEFT COASTER

1-2 Touch right to right side, hold. (2- hold right hand palm down shoulder height)
3&4 Right shuffle forward
5-6 Rock forward onto left, rock back onto right
7-8 Left coaster step

RIGHT TOUCH, HEAD RIGHT, TURN ½ RIGHT, CROSS OUT OUT, CROSS OUT OUT

9-10 Touch right toe back, turn head to right
11&12 Turn ½ to right - rising heel up & down (weight ends on left)
13&14 Cross right over left, step back onto left, step right to right side
15&16 Cross left over right, step back onto right, step left to left side

BUMP HIPS RTX4, BUMP HIPS LTX4, (CLICK RIGHT AND LEANING THEN LEFT)

17&18 Bump hips to right, bump hips to left, bump hips to right
&19-20 Bump hips to left, bump hips to right, bump hips to left, bump hips to right (leaning right - and clicking right finger)
21&22 Bump hips to left, bump hips to right, bump hips to left
&23&24 Bump hips to right, bump hips to left, bump hips to right, bump hips to left, (leaning left - and clicking left finger)

RIGHT GRAPEVINE, LEFT HEEL DROP, LEFT GRAPEVINE, RIGHT HEEL DROP

25-26 Step right to right side, step left behind right
27- Step right to right side (leaving left toe pointed to left side -heel up),
28 Drop right heel - clicking fingers.
29-30 Step left to left side, step right behind left
31- Step left to left side (leaving right toe pointed to right side -heel up),
32 Drop left heel - clicking fingers.

STEP RIGHT, DROP LEFT HEEL, STEP LEFT, DROP RIGHT HEEL TURNING, WALK RIGHT-LEFT

33- Step to right side (leaving left toe in place - heel up),
34 Drop left heel down-clicking fingers (no weight change)
35- Step to left side (leaving right toe in place - heel up)
36 Drop right heel down turning ¼ right on left-clicking fingers (no weight change)
37-38 Walk forward right, walk forward left

LEFT BUMPX2, STEP RIGHT, SLIDE LEFT, RIGHT BUMPX2, STEP LEFT, SLIDE RIGHT, LEFT BUMPX2

39&40 Bump hips left, bump hips right, bump hips left
41-42 Large step to right side, slide left up to right (no weight change)
43&44 Bump hips right, bump hips left, bump hips right
45-46 Large step to left side, slide right up to left (no weight change)
47&48 Bump hips left, bump hips right, bump hips left

REPEAT