

Jam On

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Bill Macleod (CAN)
音樂: We've Got It Goin' On - Backstreet Boys



WALK BACK LEFT AND RIGHT, SAILOR SHUFFLE RIGHT AND LEFT

1-2-3-4- Walk back left, walk back right, touch left back, step forward left
5&6- Step right foot behind left foot, step left foot beside right, step right foot slightly forward beside left foot
7&8- Step left foot behind right foot, step right foot beside left foot, step left foot slightly forward beside right foot

KICK, KICK ¼ TURN

1&2 Kick right foot forward, kick left foot forward
&3-4 Step right foot forward, ¼ turn to the left (weight on left)

TOUCH RIGHT FORWARD, SIDE AND ½ TURN

5-6 Touch right foot forward, touch right foot to right side
7-8 ½ turn to the right, step weight on left

HIP BUMPS RIGHT AND LEFT

1&2 Step right foot forward, bump hips right twice
3&4 Step left foot forward, bump hips left twice

STEP FORWARD, ½ TURN STEP FORWARD ½ TURN

5-6 Step forward right ½ turn left
7-8 Step forward right ½ turn left

ROCK FORWARD, COASTER STEP

1-2 Rock forward right, replace weight back on left foot
3&4 Step back on right foot, step left foot beside right foot, step forward on right foot

STEP FORWARD, AND BUMPS

5&6& Step left foot forward, bump hips left, 4 times
7&8 (On the forth beat change weight to right)

REPEAT
