

Jam Up & Jelly Tight

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Helen O'Malley (IRE) & Rob Fowler (ES)
音樂: Jam Up and Jelly Tight - Scooter Lee



ROCKS & LOCK & ROCKS & COASTER

1& Rock forward on right, rock back on left
2& Rock back on right, rock forward on left
3& Lock right behind left, transfer weight to left
4& Rock back on right, rock forward on left
5&6 Rock forward on right, rock back on left, step back on right
7&8 Step back on left, step together with right, step forward on left

TOE TOUCHES, ¼ TURN, CROSS STEP TWICE CLAP

1& Touch right toe forward, step right in place
2& Touch left toe forward, step left in place
3-4 Step right forward, pivot ¼ turn left
5&6 Cross step right over left, clap twice
&7-8 Step small step left, cross right over left, clap hands

SIDE ROCKS & CROSS OVERS

1-2 Rock left to left side, rock right to right side
3&4 Cross left in front of right, step right diagonally forward, cross left in front of right
5-8 Repeat 1-4 on opposite foot

STEP ½ TURN SHUFFLE & FULL TURN PADDLE STEPS (CHUGS)

1-2 Step forward left, pivot ½ turn right
3& Step forward left, step right next to left
4-5 Step left forward, pivot ¼ turn on ball of left as you touch right to right side
6-7-8 Repeat step 5 to complete full turn

REPEAT
