

Jamaica

拍數: 32 牆數: 2 級數: Improver
編舞者: Tracie Lee (AUS)
音樂: How'd I Wind Up In Jamaica - Tracy Byrd



CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE

1-2 Step/rock left forward across right, replace weight onto right
3&4 Shuffle to left side - left, right, left
5-6 Step/rock right forward across left, replace weight to left
7&8 Shuffle to right side - right, left, right

BEHIND UNWIND ½ TURN, ROCK FORWARD REPLACE, DOUBLE HIP BUMPS RIGHT AND LEFT

1-2 Step ball of left behind right, unwind ½ turn left taking weight to left foot
3-4 Rock forward onto right, replace weight to left
5&6 Step right back at 45 degrees right bumping hips right, bump hips forward, bump hips back
7&8 Step left back at 45 degrees left bumping hips left, bump hips forward, bump hips back

ROCK BACK, REPLACE, SHUFFLE FORWARD, ½ PIVOT TURN, ½ PIVOT TURN

1-2 Rock back onto right, rock forward onto left
3&4 Shuffle forward - right, left, right
5-6 Step left forward, pivot ½ turn right taking weight to right
7-8 Step left forward, pivot ½ turn right taking weight to right

ROCK FORWARD, REPLACE, & HEEL & HEEL, OUT OUT, IN CROSS, ROCK SIDE, REPLACE

1-2 Rock forward on left, replace weight to right
&3&4 Step left slightly back, tap right heel forward, step right beside left, tap left heel forward
&5&6 Step left to left side, step right to right side, step left to center, step right across left
7-8 Step/rock left to left side, replace weight to right

REPEAT
