

Jamaican Jitters

拍數: 40 牆數: 2 級數:
編舞者: Barry Amato (USA)
音樂: Little Bit Is Better Than Nada - Texas Tornados



SHUFFLE SIDE LEFT, SHUFFLE SIDE RIGHT WHILE ROLLING HANDS

1&2 Shuffle to left side left, right, left while rolling hands
3&4 Shuffle to right side right, left, right while rolling hands

TWIST RIGHT-LEFT-RIGHT-LEFT, SHUFFLE FORWARD

5 Twist on balls of both feet as you extend left forearm straight up and place right fist next to the left elbow
6 Twist both feet to the right and opposite arms from count 5
7&8 Shuffle forward left, right, left

TOUCH/CLAP, TOGETHER, TOUCH BACK/CLAP, TOGETHER

9 Touch right foot forward and clap your hands bringing arms over your head
10 Step on right bringing it back next to the left
11 Touch left foot back and clap your hands bring down below your waist
12 Step on left foot, bringing it back next to the right

JITTERS

13-16 This set of counts 5-8 will be counted as &5&6&7&8

As you do this, hop forward as you place your arms out to the side; shimmy your shoulders and lean back slightly, as though you are doing the "limbo". Your footwork is right, left, right, left, right, left, right, left

TOUCH, TOGETHER, TOUCH, TOGETHER

Try to put a little "hip action" with it.

17 Touch right foot forward
18 Bring right foot back next to left and step on right
19 Touch left foot forward
20 Bring left foot back next to right and step on left

SYNCOPATED STEPS

21 Step forward on right
22 Step forward on left (count 22 should be syncopated, following count 21 immediately).
23 Step forward on right
& Step forward on left
24 Step forward on right

3 STEP TURN LEFT, BALL-CHANGE, 3 STEP TURN RIGHT, BALL-CHANGE

(Ladies hold their arms out to the side, bent at the elbow with the forearm straight up, they should be in shape of an "left").

25 Step $\frac{1}{4}$ turn to left on left
26 Pivot $\frac{1}{4}$ turn to left and step on right foot
27 Pivot $\frac{1}{2}$ turn to face front and step on left foot
& Step out to the right on right foot
28 Transfer weight quickly to left
29 Step $\frac{1}{4}$ turn to right on right
30 Pivot $\frac{1}{4}$ turn to right and step on left foot
31 Pivot $\frac{1}{2}$ turn to face front and step on right foot
& Step out to the left on left foot

32 Transfer weight quickly to right

SAILOR SHUFFLES FORWARD

33 Traveling forward, cross left behind right

& Transfer weight quickly to right foot

34 Step on left foot in place

35 Continue to travel forward by crossing right behind left

& Transfer weight quickly to left

36 Step on right foot in place

BODY ROLL TO THE LEFT

37-40 Roll hips back and around in a circular motion as you turn in a circle to the left. As you do this
step left, right, left, right

REPEAT
