

# 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**

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