

Jammin'

拍數: 64 牆數: 0 級數:
編舞者: jg2 (USA)
音樂: The Big One - George Strait



FORWARD SHUFFLE & HITCH

1&2 Right shuffle forward (right, left, right)
3 Step left foot forward
4 Leaning back slightly, weight on left, hitch right knee
5-8 Repeat counts 1-4

SHUFFLES: FORWARD, ½ TURN, ¼ TURN, ½ TURN

9&10 Right shuffle forward (right, left, right)
11&12 On ball of right, make ½ turn left & shuffle (left, right, left)
13&14 On ball of left, make ¼ turn right & shuffle (right, left, right)
15&16 On ball of right, make ½ turn left & shuffle (left, right, left)

SIDE SHIMMIES (BEND KNEES & MOVE DOWN AND UP WHILE PUMPING ARMS)

17 Stepping right foot to right and bending knees begin to shimmy down
18-20 Continue to shimmy down & back up stepping left next to right on count 20
21 Stepping right foot to right and bending knees begin to shimmy down
22-24 Continue to shimmy down & back up stepping left next to right on count 24

HEEL TAPS, STOMPS, ¼ TURN

25-26 Tap right heel forward, step right foot next to left
27-28 Tap left heel forward, step left foot next to right
29-30 Stomp right foot next to left twice
31-32 Step right foot slightly forward, pivot ¼ turn to the left

RIGHT VINE, ¼ TURN

33-34 Step right foot to the right, cross & step left foot behind right
35-36 Step right foot to the right & make ¼ turn right, hitch left knee

LEFT VINE, ¼ TURN, ¼ TURN

37-38 Step left foot to the left, cross & step right foot behind left
39 Step left foot to the left & make ¼ turn left
40 Hitch right knee & swing around making ¼ turn to the left

FORWARD STEP & SLIDE

41-42 Step right foot forward, slide & step left foot next to right
43-44 Step right foot forward, slide & step left foot next to right
45-46 Step right foot forward, slide & step left foot next to right
47-48 Step right foot forward, stomp left foot next to right

HEEL TWISTS

49-50 Twist both heels to the right, twist both heels back to center
51-52 Twist both heels to the left, twist both heels back to center

DOWN AND UP WIGGLE (FEET TOGETHER, WEIGHT EVEN)

53&54 Wiggle downward (two counts)
55&56 Wiggle upward (two counts)

HIP BUMPS

- 57-58 Bump hips to the right twice (weight on right, body facing slightly left)
- 59-60 Bump hips to the left twice (weight on left, body facing slight left)
- 61 Bump hips to the right (weight on right, body facing slightly left)
- 62 Bump hips to the left (weight on left, body facing slight left)
- 63 Bump hips to the right (weight on right, body facing slightly left)
- 64 Bump hips to left (weight on left & turn body to face forward)

REPEAT
