

Israelites

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Paulette Hylands (UK)
音樂: Israelites - Desmond Dekker & The Aces



Dance starts after 34 counts (not easy to count in, but you'll hear it)

RIGHT POINT, HITCH, TOUCH, STEP, LEFT POINT, HITCH, TOUCH, STEP

- 1-2 Point right toes to right side, hitch right while slightly hopping back on left
- 3-4 Point right toes across left (lean back), step right foot down
- 5-6 Point left toes to left side, hitch left while slightly hopping back on right
- 7-8 Point left toes across right (lean back), step left foot in front of right

JAMAICAN STYLE KNEE POPS, RIGHT HALF TURN SWIVEL WITH HEEL BOUNCES

- 1-2 Bend over slightly and pop knees outwards, then inwards
- 3-4 Pop knees outwards, then inwards (this is done quite loosely with arms a-swingin')
- 5-6 On balls of feet swivel start swiveling $\frac{1}{2}$ turn right (bounce heels & shoulders for 5, 6)
- 7-8 Finish swiveling right, drop heels (bounce heels & shoulders for 7, then drop for 8)

BACKWARDS TRAVELING TOUCH, STEPS

- 1-2 Touch right toes to right, step right slightly back from this (sweeping motion)
- 3-4 Touch left toes to left, step left slightly back from this (sweeping motion)
- 5-6 Touch right toes to right, step right slightly back from this (sweeping motion)
- 7-8 Touch left toes to left, step left slightly back from this (sweeping motion)

$\frac{1}{4}$ TURNS WITH POINTS AND LEANS

- 1-2 Step right foot $\frac{1}{4}$ turn right, point left toes to left and lean back
- 3-4 Step left foot $\frac{1}{4}$ turn right, point right toes forward and lean back
- 5-6 Step right foot $\frac{1}{4}$ turn right, point left toes to left and lean back
- 7-8 Step left foot $\frac{1}{4}$ turn right, touch right beside left

REPEAT
