

Highjack

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Liz Fowler (UK)
音樂: Wait A Minute - Sara Evans



HEEL JACK HEEL JACK ROCK REPLACE

1& Step diagonally back on right, extend (touch) left heel diagonally forward
2& Step left in original place, step right next to left
3& Step diagonally back on left, extend (touch) right heel diagonally forward
4& Step right in original place, step left next to right
5-6 Rock weight forward on to right, replace weight back on to left

ROCK REPLACE ¼ TURN ¼ TURN HEEL JACK HEEL JACK

7-8 Rock weight back on to right, replace weight back on to left
9-10 Step forward on to right making ¼ turn to left, touch left next to right
11-12 Step back on left making ¼ turn to right, touch right next to left
&13 Step diagonally back. On right, extend left heel diagonally forward
&14 Step right in place, touch left next to right
&15 Step diagonally back on left, extend right heel diagonally forward
&16 Step left in place, touch right next to left

RIGHT VINE LEFT VINE

17-18 Step right to right side, step left behind right
19-20 Step right to right side, brush left beside right
21-22 Step left to left side, step right behind left
23-24 Step left to left side, touch right next to left

¾ TURN KICK OUT OUT BUMP HIPS

25-26 Step to right making ¼ turn to right, step forward on left making ¼ turn to right
27-28 Step right forward as you turn ¼ to right on left, kick left forward
&29 Step out to side on left, step out to side on right
30-31 Bump hips to right then left
32-33 Bump hips to right then left

Hand movements for counts 30 to 34: form a letter T by placing left hand upright in front and right hand horizontal on top of left. Then switch, left on top, right on top, left on top, hands are level with chin

HEEL. HEEL STEP TURN HEEL HEEL STEP TURN

34-35 Touch right heel forward, step right 1n place touch left heel forward
&36-37 Step left in place, step forward on right pivot ½ turn to left
38&39 Touch right heel forward, step right in place, touch left heel forward
&40-41 Step left in place, step forward on right, pivot ½ turn to left

STEP OUT IN OUT SWITCH OUT IN OUT JUMP

42-43 Step forward on right, touch left out to side
44-45 Touch left next to right, touch left out to side
&46-47 Step left in as you step right out to side, touch right next to left
48& Touch right out to side, small jump forward on both feet

REPEAT