

Get Up Jack John

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gerard Murphy (CAN)
音樂: Jolly Rovin' Tar - The Fables



SHUFFLE FORWARD, ROCK RECOVER, ½ TURN, STEP, ½ TURN, ROCK ¼ TURN CROSS

1&2 Shuffle forward - right, left, right
3&4 Rock forward on left, recover onto right, pivot ½ turn left stepping slightly forward on left
5-6 Step forward on right, pivot ½ turn left shifting weight to left
7&8 Rock forward on right, recover onto left making ¼ turn left, cross step right over left

SIDE, BEHIND, BALL CROSS SHUFFLE LEFT, SIDE, BEHIND, BALL, CROSS, STEP

9-10 Step left to left, step right behind left
&11&12 Step on ball of left, cross shuffle left - right, left, right
13-14 Step left to left, step right behind left
&15-16 Step on ball of left, cross step right over left, step left to left

KICK, STEP, CROSS & HEEL & CROSS, SIDE, ½ TURN, ½ TURN, STEP LEFT

17&18 Kick right forward, step right in place, cross step left over right
&19&20 Step right slightly back, touch left heel forward, step left back in place, cross step right over left
21-22 Step left to left (starting to turn slightly to right), pivot ½ turn right stepping slightly forward on right
23&24 Step left slightly forward, pivot ½ turn right shifting weight to right, step left to left

SAILOR STEP, BEHIND SIDE KICK, KICK STEP TOUCH & CROSS ½ TURN

25&26 Sailor step - right, left, right
27&28 Step left behind right, step right to right, kick left forward
29&30 Kick left forward, step left in place, touch right next to left
&31-32 Step right in place, cross left toes over right, pivot ½ turn right shifting weight to left

REPEAT

TAG

After 7 rotations of the dance you will be facing the 9:00 wall. Now do the first 16 counts of the dance, which will bring you to the 6:00 wall and restart from the very beginning again. You should end at the front!