

From The Block

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ryan Wareing (UK)
音樂: Jenny from the Block - Jennifer Lopez



CROSS, HIP BUMPS ¼, KICK, POINT, SCUFF, HITCH, POINT.

- &1 Transfer weight on to left, cross right foot over the left foot
- 2 Hip bumps to the right while turn 1/12 over left shoulder
- 3 Hip bumps to the left while turn 1/12 over left shoulder
- 4 Hip bumps to the right while turn 1/12 over left shoulder (now facing 9:00)
- 5&6 Kick right foot forward, place right foot next to left foot, touch left foot forward
- & Place left foot next to right foot
- 7&8 Scuff right foot forward, hitch the right leg, point right foot to right side

BEHIND, SIDE, CROSS, SIDE CHASSE, ½ TURN, SIDE CHASSE, CROSS-ROCK, RECOVER, ¼ STEP

- 1&2 Right foot behind left foot, left foot to left side, right foot cross over left foot
- 3&4 Left foot to left side, right foot next to left foot, left foot to left side
- & ½ turn over your right shoulder, (facing 3:00)
- 5&6 Right foot to right side, left foot next to right foot, right foot to right side,
- 7&8 Cross rock left foot over right foot, recover on right foot, step left foot ¼ over left shoulder, (facing 12:00)

STEP, CROSS, ½ UNWIND, SHUFFLE, CROSS, ½ UNWIND, SHUFFLE

- &1 Step forward on right foot, cross left foot over right foot
- 2 Unwind ½ over your right shoulder (now facing 6:00)
- 3&4 Right foot step forward, left foot step next to right foot, right foot step forward
- &5 Step forward on left foot, cross right foot over left foot
- 6 Unwind ½ over your left shoulder (now facing 12:00)
- 7&8 Right foot step forward, left foot step next to right foot, right foot step forward

ROCK FORWARD, RECOVER, WALK BACK X3, SIDE, ROCK, CROSS TWICE

- 1&2 Rock forward on your left foot, recover weight on right foot, step behind on left foot
- 3 Step right foot behind
- 4 Step left foot behind
- 5&6 Rock right foot to right side, recover on your left foot, cross right over left foot
- 7&8 Rock left foot to left side, recover on your right foot, cross left over right foot

WALK RIGHT, WALK LEFT, STEP, PIVOT, FULL TURN, TOUCH, TOUCH FORWARD, TOUCH SIDE, FLICK, PLACE

- 1 Step forward on your right foot
- 2 Step forward on your left foot
- 3& Step forward on your right foot, turn ½ over your left shoulder facing 6:00
- 4 Step back ½ over right shoulder on right foot (now facing 12:00 and right foot is behind)
- & Step forward ½ over left shoulder on left foot (now facing 6:00 and left foot is forward)
- 5 Touch right foot next to left foot
- 6&7 Point right foot forward, point right foot to right side, flick right foot behind
- 8 Place right foot down to right side and put weight on it

HIPS BUMPS TWICE, COASTER STEP, STEP ¼ PIVOT

- 1&2 Bump hips right, left, right
- 3&4 Bump hips left, right, left and put weight on the left foot

- 5&6 Step right foot behind, step left foot next to right foot, step right foot forward
7 Step left foot forward
8 Turn $\frac{1}{4}$ over your right shoulder (now facing 9:00)

POINT SIDE AND SIDE, STEP SIDE, CLOSE, SIDE, CLOSE, SIDE, ROCK BEHIND AND TOUCH, SAILOR

- 1& Point right foot to right side, place right foot next to left foot
2& Point left foot to left side, place left foot next to right foot
3&4 Step right foot to right side, step left foot next to right, step right foot to right side,
&5 Step left foot next to right, step right foot to right side
6&7 Rock left foot behind right foot in the diagonal, recover on right foot, point left foot diagonally forward
8& Step left foot behind right foot, step right foot to right side

$\frac{1}{4}$ STEP, RIGHT LOCK FORWARD, ROCK, RECOVER, POINT BEHIND $\frac{3}{4}$ TURN, ROCK AND PLACE

- 1 Step $\frac{1}{4}$ with left foot forward (facing 6:00)
2&3 Step right foot forward, lock left foot behind right, step right foot forward
4&5 Rock forward on left foot, recover on right foot, point left foot behind
6 $\frac{3}{4}$ turn over your left shoulder (now facing 9:00)
7&8 Rock right foot to right side, place right foot next to left foot (weight is on right foot)

REPEAT

Once on the end of wall 4 continue dance from last 32 counts through to the end.
