

# B.J.-Itis

拍數: 32      牆數: 2      級數: Intermediate/Advanced  
編舞者: The Infamous Five (UK)  
音樂: Hero - Steps



The Infamous Five are Mark, Christine, Janet, Sarah and Stephanie

## STOMPS, SAILOR TURN, SIDE, TOGETHER, BEHIND, HOLD

1-22      Right stomps  
3&4      Right step back, left foot step a  $\frac{1}{4}$  turn left, right touch in place  
5-6      Right step to the side, left step together  
7-8      Right foot lock behind left foot, weight on left, hold

## FULL TURN, VAUDEVILLES

9-12      On 4 jerky movements bounce four times turning a full turn right bringing left foot into place with weight on it  
&13      Right foot step back, left heel touch forward  
&14      Left foot step next to right, right foot cross over left  
&15      Left foot step back, right heel touch forward  
&16      Right foot step next to left, left foot cross over right

## TOUCH, HOLD, 2 CHUGS MAKING A FULL TURN LEFT

17-18      Right toe touch to the side, hold  
19      Keeping weight on left foot, pivot a  $\frac{1}{2}$  turn left touching right toe to right side  
20      Repeat beat 19

## SHOULDER SHRUGS, TORQUE, STEP, TOUCH, PIVOT, STEP

21-22      Roll right shoulder back, roll left shoulder back  
23-24      Roll upper half of body around to the left  
25-26      Right foot step forward, left toe touch back  
27-28      Pivot a  $\frac{1}{2}$  turn left, right foot step forward

## STEP, TOUCH, PIVOT, KICK

29-30      Left foot step forward, right toe touch to side  
31-32      Make a  $\frac{3}{4}$  turn left pivoting on left foot, right foot kick forward

REPEAT

---