

Betty's Judo Lesson

拍數: 48 牆數: 4 級數:
編舞者: Jim Ferrazzano (USA) & Martie Ferrazzano (USA)
音樂: Betty's Takin' Judo - Jeff Carson



HEEL & TOE & HEEL & HEEL -- & HEEL & TOE & HEEL STAMP

- 1&2 Touch right heel in front, step center o right foot, touch left toe to left side.
&3&4 Step center on left foot, touch right heel in front, step center on left foot, touch left heel in front.
&5&6 Step center on left foot, touch right heel in front, step center on right foot, touch left toe to left side.
&7-8 Step center on left foot, touch right heel in front, stamp right foot center.

TOE SWEEP, STEP SLIDE FORWARD WITH SHOULDER SHIMMY

- 9-12 Touch right toe in front, sweep right toe in half circle pulling yourself around ½ turn (turn uses 3 counts, end with right toe touching beside left foot).
13-16 Step forward on right foot, slide left foot up to right (3 counts) with shoulder shimmy.

STEP SLIDE BACK WITH SHOULDER SHIMMY, KNEE POPS

- 17-20 Step back on left foot, slide right foot back to left ending with right knee slightly bent (shimmy 3 counts).
21-24 Pop left knee forward (slightly lifting left heel), pop right knee forward (left right heel), pop left knee forward, pop right knee forward (you should be on your left foot).

HEEL & TOE & HEEL & HEEL -- & HEEL & TOE & HEEL STAMP

- 25&26 Touch right heel in front, step center on right foot, touch left toe to left side.
&27&28 Step center on left foot, touch right heel in front, step center on left foot, touch left heel in front.
&29&30 Step center on left foot, touch right heel in front, step center on right foot, touch left toe to left side.
&31&32 Step center on left foot, touch right heel in front, stamp right foot center.

TOE SWEEP, STEP SLIDE RIGHT WITH PELVIC THRUSTS

- 33-36 Touch right toe in front, sweep right toe in half circle pulling yourself around ½ turn (turn uses 3 counts, end with right toe touching beside left foot.)
37-40 Take a fairly large step to right on right foot, using pelvic thrusts or shimmies for 3 counts slide left foot to right.

STEP SLIDE LEFT WITH PELVIC THRUST, STEP HOOK, ¼ TURN, STEP BACK

- 41-44 Take large step to left on left foot, using shimmies or pelvic thrusts slide right to left.
45-48 Step forward on right foot, hook left foot behind right ankle, pull right foot into ¼ turn to right, step slightly back on left foot.

REPEAT

Variation Count 37-44:

Bump hips 4 time to the right,

Bump hips 4 times to the left, or a basic step slide with no hip action