

Back Jack, Do It Again

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Amy Christian (USA)
音樂: Do It Again - Steely Dan



CROSS SAMBA, CROSS SAMBA, CROSS, STEP BACK ¼ TURN, RIGHT COASTER STEP

1&2 Step right foot over left foot, recover on left foot, step right foot to right side
3&4 Step left foot over right foot, recover on right foot, step left foot to left side
5-6 Step right foot across left foot, ¼ turn right, stepping back on left foot
7&8 Step back on ball of right foot, step on ball of left foot, next to right, step right foot forward

STEP FORWARD, MODIFIED MONTEREY TURNS, RIGHT COASTER STEP

1-4 Step forward on left foot, touch right foot to right side, twist ½ turn right on left foot, stepping right foot next to left foot, touch left foot to left side
5-6 Twist ½ turn left on right foot, stepping left foot next to right foot, touch right foot to right side
7&8 Step back on ball of right foot, step on ball of left foot, next to right, step right foot forward

Easier alternative steps for the modified Monterey turns

1-6 Step forward on left foot, touch right foot to right side, step right foot next to left foot, touch left foot to left side, step left foot next to right foot, touch right foot to right side
7&8 Right coaster step

STEP, PIVOT ½ TURN RIGHT, ½ TURN TRIPLE STEP, ROCK BACK, RECOVER, FORWARD SHUFFLE

1-2 Step forward on left foot, pivot ½ turn right on right foot
3&4 ½ turn right, stepping back on left foot, step right foot next to left foot, step back on left foot

Easier option:

1-2-3&4 Rock forward on left, recover on right, back shuffle, left, right, left
5-6 Rock back on right foot, recover on left foot
7&8 Step forward on right foot, step right foot, next to left foot, step forward on right foot

MAMBO FORWARD, MAMBO BACK, ROCK RECOVER INTO A ¼ TURN, CROSS SHUFFLE & CROSS

1&2 Rock forward on left foot, recover on right foot, step slightly back on left foot
3&4 Rock back on right foot, recover on left foot, step slightly forward on right foot
5&6 Rock forward on left foot, ¼ turn right stepping right foot to right side, step left foot across right foot
&7&8 Recover on right foot, step left foot across right foot, recover on right foot, step left foot across right foot

REPEAT

TAG

At beginning of walls 4, 8, 12, 16, 20 & 24

CROSS SAMBA, CROSS SAMBA, CLAP, LOOK LEFT, SNAP, HOLD ON 2 COUNTS

1&2 Step right foot over left foot, recover on left foot, step right foot to right side
3&4 Step left foot over right foot. Recover on right foot, step left foot to left side
5-6 Clap hands as you touch right foot next to left foot, snap fingers, looking left
7-8 Hold that pose for 2 counts