

New Jack Swing

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BY SHEETS

拍數: 64 牆數: 2 級數: Advanced
編舞者: Annette Latimer (UK) - July 2007
音樂: New Jack Swing - Tony, Toni, Tone



RIGHT TOUCH CROSS, SIDE, RIGHT SAILOR STEP, LEFT FORWARD ROCK, LEFT SHUFFLE TURN 1/2 LEFT

1-2 Touch right toe forward, touch right toe to side
3&4 Cross right behind left, step left to side, step right to side
5-6 Rock left forward, recover to right
7&8 Turn 1/4 left and step left forward, step right together, turn 1/4 left and step left forward

FULL TURN LEFT, RIGHT SHUFFLE FORWARD, LEFT FORWARD ROCK, LEFT COASTER CROSS

1-2 Turn 1/2 left and step right back, turn 1/2 left and step left forward
3&4 Step right forward, step left together, step right forward
5-6 Rock left forward, recover to right
7&8 Step left back, step right together, cross left over right

RIGHT TOE TAPS KICK, RIGHT BEHIND SIDE CROSS, LEFT SIDE ROCK, LEFT SAILOR TURN 1/2 LEFT

1&2 Touch right together, touch right together, kick right diagonally forward
3&4 Cross right behind left, step left to side, cross right over left
5-6 Rock left to side, recover to right
7&8 Cross left behind right, turn 1/2 left and step right to side, step left to side

LEFT SIDE ROCK CROSS, RIGHT SIDE ROCK CROSS, TOUCH FORWARD, BACK, RIGHT SHUFFLE FORWARD

1&2 Rock right to side, recover to left, cross right over left
3&4 Rock left to side, recover to right, cross left over right
5-6 Touch right toe forward, touch right toe back
7&8 Step right forward, step left together, step right forward

LEFT FORWARD ROCK, LEFT SHUFFLE TURN 1/2 LEFT, HIP BUMP TURN 1/4S LEFT TWICE

1-2 Rock left forward, recover to right
3&4 Turn 1/4 left and step left forward, step right together, turn 1/4 left and step left forward
5&6 Turn 1/4 left and touch right to side and bump hips right, left, right (weight to right)
7&8 Turn 1/4 left and touch left to side and bump hips left, right, left (weight to left)

RIGHT BACK ROCK, STEP SLIDE RIGHT, LEFT BEHIND, SIDE, CROSS, STEP FULL TURN RIGHT

1&2 Rock right back, recover to left, big step right to side
3&4 Cross left behind right, step right to side, cross left over right
5-6 Turn 1/4 right and step right to side, step left forward
7-8 Turn 3/4 right (weight to right), step left to side

RIGHT SAILOR STEP, LEFT SAILOR TURN 1/4 LEFT, RIGHT FORWARD ROCK, STEP BACK FULL TURN RIGHT

1&2 Cross right behind left, step left to side, step right to side
3&4 Cross left behind right, turn 1/4 left and step right together, step left forward
5-6 Rock right forward, recover to left
7-8 Turn 1/2 right and step right forward, turn 1/2 right and step left back

RIGHT KICK BALL CHANGE, HIP SWAYS RIGHT, LEFT, STEP LOCKS FORWARD, RIGHT BRUSH, HITCH

1&2 Kick right forward, step right slightly to side, step left slightly to side
3-4 Sway hips right, left

5&6

Step right diagonally forward, lock right behind left, step left diagonally forward

&7&8&

Step left diagonally forward, lock right behind left, step left diagonally forward, brush right forward, hitch right knee
