Just Chillin

COPPER KNOB

拍數: 64

牆數:2

級數: Intermediate/Advanced

編舞者: Shaz Walton (UK) - September 2005

音樂: Just Chillin' - Craig David : (CD: The Story Goes)

Rock back. Recover. Scuff. Hitch .Step. Point behind. Step. Hitch. Point. Turn x4 (Full Paddle turn) 1& Rock back on left. Recover on right. 2&3-4 Scuff left forward. Hitch left knee up. Step left to left side. Point right behind left. 5&6 Step right 1/4 turn right. Hitch left knee. Point left to left side while making a 1/4 turn right. &7 Hitch left knee. Point left to left side while making a 1/4 turn right. &8 Hitch left knee. Point left to left side while making a 1/4 turn right. Cross. Step back 1/4. Heel. Step. Cross. 3/4 unwind. Press. Recover. Step. Press. 1/2 pivot

right.

forward.

1&2 Cross step left over right. Step right foot back ¼ left. Touch left heel

&3-4 Step left beside right. Cross right over left. Unwind ³/₄ turn left (weight ends on right) &5-6 Step left beside right. Press right foot forward. Recover &7-8 Step right beside left. Press left foot forward. Pivot 1/2 turn right. (weight ends on right) * Restart here, third wall. Styling: - When doing the press lean right over your knee Dorothy step with 1/2 turn. Hold. Step. Touch step touch. Back. Touch. Step. Touch 1-2 Step left foot forward. Lock right behind left. &3-4 Make 1/2 turn right stepping left beside right. Point right foot forward. Hold &5&6 Step right beside left. Touch left beside right. Step left beside right. Touch right beside left. &7&8 Step back on right. (Push right hip back) Touch left foot forward. Step left beside right. Touch right beside left. (Weight on left)

Side jump. Cross behind. 1/4 turn left. Kick step ¼ turn x2. Step back 1/4. 1 Make a small jump to the right on right foot raising left leg Easier option: -To remove the jump, just step right to right side. 2& Cross left behind right, making a ¼ turn left. Step right to right side. 3&4 Kick left foot forward. Step left beside right. On balls of feet make 1/4 turn left. (Weight evenly placed) 5&6 Kick left foot forward. Step left beside right. On balls of feet make 1/4 turn left. (Weight evenly placed) 7-8 Step back right. Step left 1/4 turn left. (weight on left) Rock back. Recover. Scuff. Step. Cross. Unwind 360 right. Step touches or snake rolls. 1& Rock back on right. Recover on left. 2&3-4 Scuff right foot forward. Step right to right side. Cross left over right & unwind a full turn right. (Weight ends on right)

5-6 Step left to left side. Touch right beside left. (Or snake roll) 7-8 Step right to right side. Touch left beside right. (Or snake roll) Back rock. Recover. Touch. flick. Dip. Recover. Rolling vine right. Touch. 1& Rock back left. Recover on right. 2& Touch left to left side. Flick left foot behind right knee. 3-4 Step left a large step to left side. Bend both knees (Dip) recover (weight ends on left) 5-6-7-8 Step right 1/4 turn right. Step left 1/4 turn right. Step right ¹/₂ turn right. Touch left beside right Side. 1/4 Sailor right point. Hold. Side. ¼ sailor ¼ point. Hold. (with attitude!!!) 1 Step left large step left 2&3-4 Cross step right behind left. Make 1/4 turn right stepping left to left side. Step right foot forward. Hold 5 Step left large step left

6&7-8 Cross step right behind left. Make 1/4 turn right stepping left to left side. Step right foot forward. Hold Styling: - While doing this section-let your upper body relax & go ?floppy? Sassy step points x8 with optional shoulders. 1-2 Cross step left over right. Make an 1/8 of a turn left while pointing right foot back to right diagonal. 3-4 Still facing left diagonal, point right foot forward to left diagonal. (Bend left knee) Point right foot back to right diagonal. 5-6 Cross right over left as you turn to face right diagonal. (Bend forward slightly from the waist here) Point left foot back to left diagonal. 7-8 Point left foot forward to right diagonal (Bend right knee) sweep left foot around, bring body back to centre, ready to start again. Optional shoulders: - let your shoulders loose & go with the flow for this section.

RESTART : 🗆 On the 3rd wall, you will facing the home walldance up to count 14, replace &15-16with : Press recover. Step press. Recover. &15-16 Step right beside left. Press left foot forward. Recover on right (weight ends on right)

Start the dance again from the beginning.