

Jingle Bells

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Jingle Bells - Disney Children's Choir



Start from first beat of intro.

Intro: 16 counts.

(1-8) Feet Together, Knee Pop and then Straighten Legs for 8 times. Hand movements as you're beating a drum by both hands for 8 beats.

(9-16) Step, Hip Sway with Hands Swing: R, L, R, L, R, L, R, L.

1-2 Step right foot to right side, push hips to right side then left side.

Swing both hands to right side then left side.

3-4 Push hips to right side, then left side.

Hand movements same as counts 1-2.

5-6 Repeat steps 3-4 above.

7-8 Repeat.

Song: 64 counts.

(1-8) Strut, Flat. Strut, Flat. Step, Together. Step, Half Turn Left, Together.

1-2 Touch right toe forward, and then put right foot down next to left foot.

3-4 Touch left toe forward, and then put left foot down next to left foot.

5-6 Step backwards on right foot, step left foot next to right foot.

7&8 Step right foot forward, pivot half turn left 6:00 stepping left foot forward, Step right foot next to left foot.

(9-16) Strut, Flat. Strut, Flat. Step, Together. Step, Half Turn Right, Together.

1-2 Touch left toe forward, and then put left foot down next to right foot.

3-4 Touch right toe forward, and then put right foot down next to left foot.

5-6 Step backwards on left foot, step right foot next to left foot.

7&8 Step left foot forward, pivot half turn right 6:00 stepping right foot forward, Step left foot next to right foot.

(17-24) Point, Hitch. Once More. Step, Step, Half Turn Left, Step, Together.

1-2 Point right toe to right side, and then hitch right knee in front of left knee.

3-4 Repeat steps 1-2 above.

5-6 Step right foot to right, step left foot in place.

7-8 Make a half turn left 12:00 stepping right foot to right, step left foot together.

(25-32) Step, Together. Half Turn Right, Step, Together. Once More.

1-2 Step right foot forward, step left foot next to right foot. Lift arms up wide open. \o/

3-4 Make a half turn right 6:00 stepping right foot in place, step left foot next to right foot.

Point Elbows to the side, and hands in front of shoulders.

5-6 Step right foot forward, step left foot next to right foot.

Lift arms up wide open. \o/

7-8 Make a half turn right 12:00 stepping right foot in place, step left foot next to right foot.

Point elbows to the side, and hands in front of shoulders.

(33-40) Run Forward, Right, Left, Right, Left & Flick Right Back Half Turn Left, Run Forward, Right, Left, Right, Left.

1-4 Slightly run forward, right foot, left foot, right foot, left foot and flick right foot behind left foot.
(traveling to 6:00)

Swing arms back and forth to the side, ending with lift arms up. \o/

5-8 Make a half turn left 12:00 and keep running forward, right foot, left foot, right foot, left foot.
(traveling to 12:00)

(41-48) Run Forward, Right, Left, Right & Flick Left Back, Left. Diagonally Right Shuffle Back. Diagonally Left Shuffle Back.

1-4 Slightly run forward, right foot, left foot, right foot and flick right foot behind left foot, left foot
(traveling to 12:00)

Swing arms back and forth to the side, ending with straighten arms forward.

5&6 Step right foot diagonally right back, step left foot next to right foot, step right foot diagonally
right back. (traveling to 4:30)

Straighten left arm forward, and right arm backwards.

7&8 Step left foot diagonally left back, step right foot next to left foot, step left foot diagonally left
back. (traveling to 7:30)

Straighten right arm forward, and left arm backwards.

(49-56) Step, Together, Step, Step. Quarter Turn Left, Step, Side Kick, Step, Side Kick.

1-4 Step right foot to right side, step left foot next to right foot, step right foot to right side, step left
foot to right side. (traveling to 3:00)

5-6 Make a quarter turn left 9:00 stepping left foot forward, kick right foot to the side.

7-8 Step right foot forward, kick left foot to the side.

(57-64) Walk Forward, Left, Right, Left, and Hitch. Step, Hip Bump.

1-4 Step left foot forward, step right foot forward, step left foot forward, hitch right knee up.
(traveling to 9:00)

5-8 Step right foot to right side, and bump hip: right, left, right, left.

Begin again

**Note: The last time through the dance (5th time), you will dance through count 52,
and then Make a full turn left, this should put you on the 12:00 wall,
and then keeping dancing the rest of steps until count 64.**

Ending: 16 counts.

1-8 Step, Together. Step, Together.

1-4 Step right foot to right side, step left foot next to right foot.

5-8 Step left foot to left side, step right foot next to left foot.

9-16 Step, Together. Step, Touch Together.

1-4 Step right foot to right side, step left foot next to right foot.

5-8 Step left foot to left side, touch right toe next to left foot, right knee in front of left knee.

Place left hand behind left ear, and lift right arm up to the side.
