

Dr Jones

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Karl-Harry Winson (UK) - February 2008
音樂: Doctor Jones - Aqua : (Album: Aquarium)



(64 Count Introduction), (34 Seconds)

(1-8) Cross, Back, Right Side Rock, Side together, Right Chasse

1-2 Cross right over left, Step back on the left
3-4 Rock right to right side, recover weight back into left foot
5-6 Step right to right side, step left next to right
7&8 Step right to right side, step left next to right, step right to right side

(9-16) Cross rock, Chasse ¼ turn, Right rock, Right Coaster Step

1-2 Cross rock left over the right, recover weight into the right
3&4 Step left to left side, step right next to left, make ¼ turn left stepping forward on the left
5-6 Rock forward on the right, recover back on the left
7&8 Step back on the right, step left next to the right, step forward on the right

(17-24) Cross, Back, Left Side Rock, Side together, Left Chasse

1-2 Cross left over the right, step back on the right
3-4 Rock left to left side, Recover weight back into the right
5-6 Step left to left side, Step right next to the left
7&8 Step left to left side, step right next to left, step left to left side

(25-32) Cross Rock, Chasse ¼ turn, Left rock, Left Coaster Step

1-2 Cross rock right over the left, recover weight back into the left
3&4 Step right to right side, step left next to right, make ¼ turn right stepping forward on the right
5-6 Rock forward on the left, recover back on the right
7&8 Step back on the left, step right next to left, step forward on the left

(33-40) Shuffles x4 (Starting on right foot going around in a circle clockwise)

1&2 Shuffle Step round - Right, Left, Right
3&4 Shuffle Step round - Left, Right, Left
5&6 Shuffle Step round - Right, Left, Right
7&8 Shuffle Step round - Left, Right, Left

(41-48) Shuffles x4 (Starting on right foot going around in a circle anticlockwise)

1&2 Shuffle Step round - Right, Left, Right
3&4 Shuffle Step round - Left, Right, Left
5&6 Shuffle Step round - Right, Left, Right
7&8 Shuffle Step round - Left, Right, Left

(49-56) Heel forward & side, Triple Step x2

1-2 Tap right heel forward, Tap right heel to right side
3&4 Step right in place, step left next to right, step right in place
5-6 Tap left heel forward, Tap left heel to left side
7&8 Step left foot in place, step right next to left, step left foot in place

(57-64) Right rock, Shuffle ½ turn, Left rock, Left Coaster Step

1-2 Rock forward on the right, recover back into the left
3&4 Make ¼ turn right, step left next to right, make ¼ turn right stepping forward onto it

5-6

Rock forward on the left, recover back on the right

7&8

Step back on the left, Step right next to left, Step forward on the left

Choreographers Note: Feel free to practice your lasso skills while making the shuffle turns
