Hit the Road Jack



拍數: 32 牆數: 4 級數: Beginner

編舞者: Karl-Harry Winson (UK) - February 2010

音樂: Hit The Road Jack - Ray Charles: (CD: Genius - The ultimate Ray Charles

Collection)



Intro: 16 count. Start on the word 'Road' (BPM 180)

Section 1

Touch. Sweep. Step Hold. Back Lock-Step. Hold.

1 - 2Touch right toe forward. Sweep right foot around from front to back.

3 - 4Step back on the right foot. Hold

5 - 6Step back on the left. Lock right foot in front of the left.

7 - 8Step back on the left. Hold.

Section 2

Side Crosses X3. Step Hold.

1 – 2	Step right foot to the right side. Cross left foot in front of the right.
3 - 4	Step right foot to the right side. Cross left foot in front of the right.
5 – 6	Step right foot to the right side. Cross left foot in front of the right.
7 _ 8	Step right foot to the right side. Hold

7 – 8 Step right foot to the right side. Hold.

Section 3

Cross-rock. Step. Hold. Cross-rock. ¼ turn. Hold.

1 – 2	Cross rock left over the right. Recover weight back on to the right.
0 4	

3 - 4Step left foot to the left side. Hold.

Cross rock right over the left. Recover weight back on to the left. 5 - 6

7 - 8Make a ¼ turn right stepping right forward. Hold.

Section 4

Step. Hold. ½ turn. Hold. Run: Left, Right, Left. Hold.

1 – 2	Step forward on the left. Hold.
3 – 4	Make a ½ turn right. Hold.
4 – 6	Run forward on the left. Run forward on the right.

7 - 8Run forward on the left. Hold.

Choreographers note: Keep the steps in Section 2 small so you don't travel as far.

krazy_kark@hotmail.com