

Jersey Girls Cha

COPPERKNOB
BYEBOHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Rosie Multari (USA) - February 2010
音樂: Jersey Girl - the Bacon Brothers : (CD: Getting There)



NB: Dance begins after vocals with guitar only (45 sec); count in 5, 6, 7, 8 on the words "Rides, Down the Shore" and you start "1" on the word "things".

You can stop the dance at 2:55 when the tempo slows down, or continue dancing until the end.

Slower tempo: Jersey Girl by Hal Ketchum (cd: Father Time) or Bruce Springsteen performed live with audience participation.

STEP CROSS ROCK, CHASSE ¼ TURN, ROCK & LOCK CHA

1-3 Step L to left side, cross rock R over L, recover weight to L
4&5 Chasse to right, turning ¼ to right
6, 7 *Rock forward on L, recover weight to R
8&1 Step back L, cross R over L, step back L

SWAYS, ¼ TURN CHA, ¼ PIVOT, CROSSING CHA

2, 3 Sway R, L
4&5 Turn ¼ right as you step (cha) forward R, L, R
6, 7 Step forward L, ¼ Pivot right shifting weight to R
8&1 Cross L over R, step R next to L, cross L over R

SWAYS, CHA, ROCK & LOCK CHA

2, 3 Sway R, L
4&5 Step (Cha) Forward R, L, R
6, 7 *Rock forward on L, recover weight to R
8&1 Step back L, cross R over L, step back L

SWAYS, SYNCOPATED ROCKS, STEP SLIDE TOUCH

2, 3 Sway R, L
4&5&6& Cross R over L, Step L in place, Rock R to right side, Step L In place, Cross R over L, Step L in place
7, 8& Wide Step R to right, slide L next to R, Touch L next to R

*OPTIONAL FULL TURN FOR 6, 7, 8&1 in first & third sets of 8:

6, 7 Step forward L, ½ turn right shifting weight to R
8&1 ½ turn right while you triple L, R. L

Begin again!

This dance is dedicated to all the Jersey Girls (& Guys) who dance at the Pt Pleasant Elks on Thurs nights and keep our circle of friends moving!

Rosie Multari: multari@aol.com