

Cool Jerk - 2010

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Forty Arroyo (USA) - September 2010
音樂: Cool Jerk - The Capitols



Starts on vocals – “cool jerk, cool jerk.....”

Dance sequence: 64, 64, Tag, 64, 64, 64, Tag, 32 to end

Special thanks to Mellonee Pauley for her feedback and assistance.

(1-8) VINE RIGHT, TOUCH LEFT 4X

1 - 4 Step R to side, Cross L behind, Step R to side, Touch L to R
5 - 8 Touch L toes - Out, In, Out, In

(9-16) VINE LEFT, TOUCH RIGHT 4X

1 - 4 Step L to side, Cross R behind, Step L to side, Touch R to L
5 - 8 Touch R toes - Out, In, Out, In

(17-24) STEP BACK, TOUCH 'n CLAP (REPEAT 3X)

1-4 Step back R diagonal, Touch L next to R, Step back L diagonal, Touch R next to L
5-8 Step back R diagonal, Touch L next to R, Step back L diagonal, Touch R next to L

(25-32) CROSS, HOLD, CROSS, HOLD, STEP, HOLD, 1/4 TURN, HOLD

1-4 Cross R over L, Hold, Cross L over R, Hold
5-8 Step R forward, Hold, Turn 1/4 turn left, Hold (weight on left) – (end at 9 O'clock)

(33-40) TOE HEEL STRUTS, 1/4 TURN JAZZ BOX

1-4 Traveling forward - step R toe, Drop R heel, Step L toe, Drop L heel
5-8 Cross R over L, Step back slightly on L, Step R turning 1/4 right, Step L next to R (end at 12 O'clock))

(41-48) Do THE JERK or WHATEVER YOU FEEL – Just make it FUN!! (See below)

(49-56) REPEAT STEPS 33 - 40

1-8 TOE HEEL STRUTS, 1/4 TURN JAZZ BOX (end at 3 O'clock))

(57-64) REPEAT STEPS 41-48

1-8 Do THE JERK or WHATEVER YOU FEEL – Just make it FUN!!

TAG: Jazz Box, Out, Out, Hold for 2

1-4 Cross R over L, Step back slightly on L, Step R slightly to side, Step L next to R
5-6 Stomp R in place, Stomp L in place,
7-8 Raise arms above head and say "Wooooooo....." (like in the song) for 2 counts

You know the tag is coming when he sings – ...I'm the King of The Cooooooooool Jeeeeerrk"

THE JERK: sections: 41-48 and 57-64

1 With weight on L and R heel forward, arch back swinging L arm back and R arm across and over L shoulder
2 Jerk shoulders and hips forward as you bring both arms forward
3 Swing R arm back and L arm across & over R shoulder
4 Jerk shoulders and hips forward as you bring both arms forward

Swing left arm back and right arm forward and over your head Jerk shoulders and hips forward as you bring both arms forward

5-8 Repeat (1-4)

HAVE FUN!!

forty.arroyo@gmail .com – phone: 508-461-7247
