

La Jument

拍數: 56

牆數: 2

級數: Newcomer / Novice - Phrased
Contra - Lilt



編舞者: Astrid Kaeswurm (DE) - April 2012

音樂: La jument de Michao - Nolwenn Leroy

Counts: A: 32 counts + B: 24 counts, A A B, A A B, A A B

Part A – 32 counts

[1 – 8] R side rock, behind, side cross, L side rock, behind, side cross,

- 1 – 2 R side (weight change), weight change to L
- 3 & 4 R cross behind L, L side, R cross over L
- 5 – 6 L side (weight change), weight change to R
- 7 & 8 L cross behind R, R side, L cross over R

[9 – 16] Shuffle R fwd., rock Step L fwd. – L hands together Shuffle L back, rock Step R back

- 1 & 2 R forward, L to R, R forward
- 3 – 4 L forward (weight change), back to R (weight change) – put L hands together
- 5 & 6 L back, R to L, L back
- 7 – 8 R back (weight change), back to L (weight change)

[17 – 24] Shuffle R fwd., Shuffle fwd. with ½ Turn L - L hands together, Shuffle R back, L rock step back

- 1 & 2 R forward, L to R, R forward
- 3 & 4 L forward, R to L, L forward - with ½ turn L together with dance partner
- 5 & 6 R back, L to R, R back
- 7 – 8 L back (weight change), back to R (weight change)

[25 – 32] Shuffle L fwd., Shuffle fwd. with ½ Turn R – R hands together, Shuffle L back, R rock step back

- 1 & 2 L forward, R to L, L forward
- 3 & 4 R forward, L to R, R forward - with ½ turn R together with dance partner
- 5 & 6 L back, R to L, L back
- 7 – 8 R back (weight change), back to L (weight change)

Part B – 24 counts

[1 – 8] Shuffle R fwd., rock Step L fwd. – L hands together, Shuffle L back, rock Step R back

- 1 & 2 R forward, L to R, R forward
- 3 – 4 L forward (weight change), back to R (weight change) – put L hands together
- 5 & 6 L back, R to L, L back
- 7 – 8 R back (weight change), back to L (weight change)

[9 – 16] Shuffle R side, ½ Turn L, Shuffle L side, ½ Turn L, Shuffle R side, L rock step back

- 1 & 2 R side, L together L, R side and ½ turn L
- 3 & 4 L side, R together L, L side and ½ turn L
- 5 & 6 R side, L together R, R side
- 7 – 8 L back (weight change), back to R (weight change)

[17 – 24] Shuffle L side, ½ Turn R, Shuffle R side, ½ Turn R, Shuffle L side, R rock step back

- 1 & 2 L side, R together L, L side and ½ turn R
- 3 & 4 R side, L together R, R side and ½ turn R
- 5 & 6 L side, R together L, L side
- 7 – 8 R back (weight change), back to L (weight change)

