

Josephine

拍數: 48 牆數: 4 級數: Improver
編舞者: Judith Campbell (NZ) - February 2013
音樂: My Girl Josephine - Billy Vera



Intro: Start on the word "Phine" of Hello Josephine - No Tags or Restarts.

[1 – 8] SIDE SHUFFLE TO R – CROSS SHUFFLE – SIDE SHUFFLE – ROCK RECOVER

1&2 Shuffle R to R side RLR,
3&4 Shuffle L ft across R, - LRL moving to RS
5&6 Shuffle R to RS - RLR
7 8 Rock back onto L ft, recover fwd onto R ft

[9 – 16] TOE HEEL TOE (in out in) – STEP L Ft – TWO TOE HEEL STRUTS FWD (RL)

1 – 4 Tap L toe (knee turned in), tap L heel (knee turned out), tap L toe in, step L next to R ft
styling: You can do a small swivel movement on the spot with R ft to jazz it up a bit.
5 – 8 2 Struts fwd – R toe heel, L toe heel

[17 – 24] ROCK RECOVER – SHUFFLE BK – 2 WALKS BKWD (LR) – KICK BALL STEP

1 2 3&4 Rock fwd on R, recover back onto L, shuffle back (RLR),
5 6 7&8 2 walks back L R, kick L ft fwd, step back on L ft, step R ft back - (kick ball step)
(kick ball step moves backwards)

[24 – 32] ROCK RECOVER – SHUFFLE FWD – 2 WALKS FWD (RL) – KICK BALL STEP

1 2 3&4 Rock back on L, recover fwd onto R, shuffle fwd (LRL),
5 6 7&8 2 walks fwd RL, kick R ft fwd, step R fwd, step L ft fwd - (kick ball step)
(kick ball step moves forwards)

[33 – 40] CROSS ROCK RECOVER – 1/4 TURN R STEP R – HOLD – 4 HIP BUMPS RLRL

1 2 3 4 Cross/rock R over L, recover onto L, turning a 1/4 to R - step R to R side, Hold (3:00)
5 6 7 8 Hip pushes – RLRL

[41 – 48] ROCKING CHAIR – STEP R TAP – STEP L TAP

1 2 3 4 Rock/step R fwd, recover bk onto L, rock back on R ft, recover fwd onto L (Rocking Chair)
5&6 Step R to RS, tap L next to R with double clap,
7 8 Step L to LS, tap R next to L with one clap.

[48] Start dance in new direction – have Fun.

A Great Track, Thanks Rosco.

Submitted by: karenisreallyawesome@gmail.com