

Dammit Janet

拍數: 106 牆數: 1 級數: Phrased Intermediate
編舞者: Tomohiro Iizuka (JP) - September 2013
音樂: Dammit Janet - Brad & Janet (Rocky Horror Picture Show)



Sequence: C, A, ABC, ABC, AB

A - 42 counts

[1-8] JAZZ BOX R, SCUFF L, JAZZ BOX L

1-4 Step R across left , Step L back, Step R side right , Scuff L forward
5-8 Step L across right , Step R back, Step L side left , Touch R beside left

[9-16] CHASSE R, BACK ROCK, ¼ CHASSE L, ¼ CHASSE R

1&2 Step R right side, Step L beside right, Step R right side
3-4 Rock L back. Recover R.
5&6 Step L right side, Step R beside left , Making ¼ left turn Step L forward (9:00)
7&8 Making ¼ left turn Step R right side, Step L beside right, Step R right side (6:00)

[17-24] UNWIND ½ TURN L, KICK R BALL CROSS L, TOE STRUT DIAGONALLY X 2

1-2 Cross L behind right, unwind a ½ turn left (weight to left) (12:00)
3&4 Kick R diagonally forward , Step R beside left , Cross L over right
5-8 Touch R diagonally , Drop R heel , Touch L across right , Drop L heel (12:00)

[25-32] ½ TURN R JAZZ BOX R, STEP R, HOLD, PIVOT ½ TURN L ,HOLD

1-4 Step R across left , Making ¼ turn right Back L, Step R side right , Making ¼ turn right Step L forward (6:00)
5-8 Step R forward, Hold, Pivot ½ turn left, Hold (12:00)

[33-42] SKATE RL, TAP R X 4, KICK BALL STEP

1-2 Skate R to right side, Step R diagonally forward
3-4 Skate L to left side, Step L diagonally forward
5-8 Tap R heel 4 times
9&10 Kick R diagonally, Step R beside left, Step L forward

B - 56 counts

[1-8] RHUMBA BOX BACK, RHUMBA BOX FORWARD

1-4 Step R right side, Step L beside right, Step R back, Hold
5-8 Step L left side, Step R beside left, Step L forward, Hold

[9-16] STEP R, PIVOT ½ TURN L , STEP R, HOLD, CROSS STEP L , STEP R SIDE , TOUCH L, KICK BALL CROSS

1-4 Step R forward, Pivot ½ turn left, Step R forward, Hold (6:00)
5,6& Cross L over right, Step R right side, Touch L beside right
7&8 Kick L diagonally, Step L beside right, Cross R across left

[17-24] ¼ R TURN, ¼ R TURN, CROSS L, HOLD, RHUMBA BOX BACK

1-4 Making ¼ turn right Step L back (9:00), Making ¼ turn right Step R side (12:00), Cross L across right, Hold 5-8 Step R right side, Step L beside right, Step R back, Hold

[25-32] RHUMBA BOX FORWARD, POINT, STEP, POINT, STEP

1-4 Step L left side, Step R beside left, Step L forward, Hold
5-8 Point R toe to right, Step R forward, Point L toe to left, Step L forward

[33-42] ROCK RECOVER, STEP R BACK, SWEEP L, STEP L BACK, SWEEP R

- 1-2 Rock R forward . Recover L
- 3-6 Step R back, Sweep L, Step L back, Sweep R
- 7-8 Step R back ,Hold

[43-48] L SCISSOR STEP, R SCISSOR STEP. STEP L FORWARD, HOLD

- 1-3 Step L left side, Step R beside left, Cross L across right
- 4-6 Step R right side, Step L beside left, Cross R across left
- 7-8 Step L forward, Hold

[49-56] PIVOT ¼ TURN L X 4

- 1-2 Step R forward, Pivot ¼ turn left (9:00)
- 3-4 Step R forward, Pivot ¼ turn left (6:00)
- 5-6 Step R forward, Pivot ¼ turn left (3:00)
- 7-8 Step R forward, Pivot ¼ turn left (12:00)

C - 8 counts

[1-8] STEP, HOLD, HANDS UP, SHAKE DOWN UPPER BODY

- 1-2 Step R side right with feet apart, Hold
- 3-4 Bring both hands up to side of head, Hold
- 5-8 Shake down the upper body and hands

Ending: After [17-20] on part B, Step R right side, Hold, Sing " I Love You"

Enjoy!

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