

Jailhouse Rock

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Helaine Norman (USA) - May 2013
音樂: Jailhouse Rock - Elvis Presley



Intro: Start on vocal of "Going to a party at the county jail". No Tags Or Restarts!

S1: LINDY RIGHT, ROCK RECOVER, 3-COUNT ROCKING CHAIR, HITCH

1&2 Triple step right side side RLR
3-4 Rock L behind, recover R
5-6-7 Rock L forward, recover R, rock L back
8 Hitch R

S2: TOE STRUTS BACK X 3, TOUCH, HOLD

1-2 Touch R ball of foot back, let R heel down
3-4 Touch L ball of foot back, let L heel down
5-6 Touch R ball of foot back, let R heel down
7 Touch L beside R
8 Hold

S3: LINDY LEFT, ROCK RECOVER, 3-COUNT ROCKING CHAIR, HITCH

1&2 Triple step left side LRL
3-4 Rock R back, recover L
5-6-7 Rock R forward, recover L back, rock R back
8 Hitch L

S4: THREE STRUTS FORWARD, TOUCH, HOLD

1-2 Touch L ball of foot forward, let L heel down
3-4 Touch R ball of foot back, let R heel down
5-6 Touch L ball of foot back, let L heel down
7 Touch R beside L
8 Hold

S5: ¼ RIGHT MONTEREY TURN, STRUTS BACK (all two times)

1-2 Point R to right side, ¼ turn right R step beside L
3-4 Point L to left side, step L beside R
5-6 Touch R ball of foot back, let R heel down
7-8 Touch L ball of foot back, let L heel down

S6: ¼ RIGHT MONTEREY TURN, STRUTS BACK (all two times)

1-2 Point R to right side, ¼ turn right R step beside L
3-4 Point L to left side, step L beside R
5-6 Touch R ball of foot back, let R heel down
7-8 Touch left ball of foot back, let left heel down

S7: RIGHT MAMBO FORWARD, LEFT MAMBO BACK

1-2-3-4 Rock R forward, recover L in place, step R beside L, hold
5-6-7, 8 Rock L back, recover R in place, step L beside R, hold

S8: TOE STRUTS FORWARD, SWAY KNEES AND HIPS x 3, HOLD (MIMIC ELVIS HIP AND ARM MOVEMENTS)

1-2 Touch R toe forward, let R heel down
3-4 Touch L toe forward, left L heel down

- 5 Bend R knee inward left while L knee remains straight (sway right hip to right at same time)
- 6 Bend L knee inward right while R knee remains straight (sway left hip to left at same time)
- 7 Bend R knee inward left while L knee remains straight (sway right to right at same time)
- 8 Hold (weight ends on L)

Start dance again

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