

J.A.B.S.

Choreographed by Indepen'Dance Style

Description : 32 counts, 1 wall, Funky

Level: Newcomer

Music: 'Shake Yourself Loose' by Mario Winans (109BPM)

Official UCWDC competition dance description

Date of usage 20 July 2006

1-8: KICK CROSS POINT L & R, HEEL TOE SWITCHES SIDE & FRONT

1 RF Kick forward
& RF Cross in front of LF
2 LF Touch toe behind RF
3 LF Kick forward
& LF Cross in front of RF
4 RF Touch toe behind LF
5 RF Touch toe to the side
& RF Back in place
6 LF Touch toe to the side
& LF Back in place
7 RF Heel forward
& RF Back in place
8 LF Heel forward
& LF Back in place

9-16: STEP TURNS WITH 1/4 TURN LEFT x2, CROSS OUT-OUT, SHOULDER MOVES

1 RF Step forward, 1/4 turn to the left
2 LF Take weight (face 9:00)
3 RF Step forward, 1/4 turn to the left
4 LF Take weight (face 6:00)
5 RF Cross in front of LF
6 LF Step back
& RF Small step to the right
7 LF Small step to the left
& Shoulder right to the right
8 Shoulder left to the left

17-24: CROSS, SIDE, CROSS, BACK, SIDE, 1/2TURN, SIDE, 1/4TURN

1 RF Cross in front of LF
2 LF Step to the left
3 RF Cross in front of LF
4 LF Step back
5 RF Big step to the right, 1/2Turn right
6 LF Touch next to RF
7 LF Big step to the left, 1/4Turn left
8 RF Touch next to RF (face 9:00)

25-32: OUT-OUT, KNEE IN & OUT, 1/4 T LEFT, TAKE WEIGHT, PLATFORM TURN WITH 1/2 T TO THE LEFT

1 RF Small step to the right
2 LF Small step to the left
3 LF Knee in
4 LF Knee out with 1/4 Turn to the left (face 6:00, weight on RF)
5-6 LF Take weight with body roll
7 Both Platform turn with knee impulsion making 1/4 Turn to the left
8 Both Platform turn with knee impulsion making 1/4 Turn to the left