

# CountryFun

CATHY MERIOT - OLIVIER AMEL / LINEDANCE TEACHERS  
www.countryfun.fr

## J.A.B.S.

Choreographed by Indepen'Dance Style

Description: 32 count, 1 wall, beginner line dance

Music: Shake Yourself Loose by Vickie Winans [112 bpm / Bringing It All Together /

Start dancing on lyrics

### KICK CROSS POINT LEFT & RIGHT, HEEL TOE SWITCHES SIDE & FRONT

- 1&2 Kick right forward, cross right in front of left, touch left toe behind right
- 3&4 Kick left forward, cross left in front of right, touch right toe behind left
- 5& Touch right toe to the side, step right together
- 6& Touch left toe to the side, step left together
- 7& Right heel forward, step right together
- 8& Left heel forward, step left together

### STEP TURNS WITH ¼ TURN LEFT TWICE, CROSS OUT-OUT, SHOULDER MOVES

- 1-2 Step right forward, turn ¼ left (weight to left, 9:00)
- 3-4 Step right forward, turn ¼ left (weight to left, 6:00)
- 5-6 Cross right in front of left, step left back
- &7 Small step right to side, small step left to side
- &8 Bump shoulders right, left

### CROSS, SIDE, CROSS, BACK, SIDE ½ TURN, SIDE, ¼ TURN

- 1-4 Cross right in front of left, step left to side, cross right in front of left, step left back
- 5-6 Big step right to side, turn ½ right and touch left together
- 7-8 Big step left to side, ¼ turn left and touch right next to right (9:00)

### OUT-OUT, KNEE IN & OUT, ¼ TURN LEFT, TAKE WEIGHT, PLATFORM TURN WITH ½ TURN TO THE LEFT

- 1-2 Small step right to side, small step left to side
- 3-4 Left knee in, left knee out with ¼ turn to the left Face 6:00, weight on right
- 5-6 Take weight to left with body roll
- 7 Both platform turn with knee impulsion making ¼ turn to the left
- 8 Both platform turn with knee impulsion making ¼ turn to the left

Have Fun and Dance

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