

# My Friend Jack

Count: 80

Wand: 4

Ebene: Intermediate

Choreograf/in: Peter Giam (SG)

Musik: My Friend Jack - Boney M.



## **POINT RIGHT, TOGETHER, POINT RIGHT, SLAP RIGHT, SIDE ROCK, ROCK BACK FORWARD**

- 1-4 Touch right toe to right side, touch right toe to left instep, touch right toe to right side, bring right foot up behind left leg & slap it with left hand
- 5-6-7&8 Rock right foot to right side, recover weight on left foot, right foot rock back, left foot step in place, right foot step forward

## **POINT LEFT, TOGETHER, POINT LEFT, SLAP LEFT, SIDE ROCK, ROCK BACK FORWARD**

- 1-4 Touch left toe to left side, touch left toe to right instep, touch left toe to left side, bring left foot up behind right leg & slap it with right hand
- 5-6-7&8 Rock left foot to left side, recover weight on right foot, left foot rock back, right foot step in place, left foot step forward

## **SHUFFLE ROCK BACK, SHUFFLE ¼ TURN LEFT, SHUFFLE**

- 1&2-3-4 Shuffle to right on right left right, rock back on left, rock weight forward onto right
- 5&6-7&8 Shuffle on left right left making ¼ turn to left, shuffle to right on right left right

## **VINE LEFT, KNEE & HIP CIRCLE**

- 1-4 Step left to left side, step right behind left, step left to left side, cross right in front of left
- 5-8 Touch left toe forward, circle knee & hip to the left twice

## **KICK BALL CHANGE TWICE, SHUFFLE ¼ TURN LEFT, SHUFFLE**

- 1&2 Kick forward with left foot, rock back with ball of left foot, recover weight forward to right foot
- 3&4 Kick forward with left foot, rock back with ball of left foot, recover weight forward to right foot
- 5&6-7&8 Shuffle on left right left making ¼ turn to left, shuffle to right on right left right

## **POINT FRONT, SIDE, SAILOR STEP TWICE**

- 1-2-3&4 Point left toe to front, side, cross left behind right, step right to right, step left to left
- 5-6-7&8 Point right toe to front, side, cross right behind left, step left to left, step right to right

## **KICKS SHUFFLES TWICE**

- 1-2-3&4 Kick left foot forward twice, left forward shuffle
- 5-6-7&8 Kick right foot forward twice, right forward shuffle

## **PIVOT ½ RIGHT, SHUFFLE, PIVOT ½ LEFT, SHUFFLE**

- 1-2-3&4 Step left foot forward making ½ turn to right, step forward left right left
- 5-6-7&8 Step right foot forward making ½ turn to left, step forward right left right

## **VINE LEFT, SHUFFLE ¼ TURN LEFT, PIVOT ½ TURN LEFT, SHUFFLE**

- 1-2-3&4 Step left to left, cross right behind left, step left to left making ¼ turn to left, step forward right left
- 5-6-7&8 Step right forward making ½ turn to left, step forward right left right

## **FORWARD CROSS TOUCHES, IN IN STOMP CLAP**

- 1-4 Cross left foot in front right foot, touch right toe to right side, cross right foot in front left foot, touch left toe to left side
- 5-8 Step left foot in place, step right foot beside left, stomp left foot & clap hands

**REPEAT**

**TAG**

**At the end of wall 3, you need to add 4 counts**

1&2            Jump forward on right, left, clap

3&4            Jump backward on right, left, clap

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