

Get Up Jack John

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Gerard Murphy (CAN)

Musik: Jolly Rovin' Tar - The Fables



SHUFFLE FORWARD, ROCK RECOVER, ½ TURN, STEP, ½ TURN, ROCK ¼ TURN CROSS

- 1&2 Shuffle forward - right, left, right
- 3&4 Rock forward on left, recover onto right, pivot ½ turn left stepping slightly forward on left
- 5-6 Step forward on right, pivot ½ turn left shifting weight to left
- 7&8 Rock forward on right, recover onto left making ¼ turn left, cross step right over left

SIDE, BEHIND, BALL CROSS SHUFFLE LEFT, SIDE, BEHIND, BALL, CROSS, STEP

- 9-10 Step left to left, step right behind left
- &11&12 Step on ball of left, cross shuffle left - right, left, right
- 13-14 Step left to left, step right behind left
- &15-16 Step on ball of left, cross step right over left, step left to left

KICK, STEP, CROSS & HEEL & CROSS, SIDE, ½ TURN, ½ TURN, STEP LEFT

- 17&18 Kick right forward, step right in place, cross step left over right
- &19&20 Step right slightly back, touch left heel forward, step left back in place, cross step right over left
- 21-22 Step left to left (starting to turn slightly to right), pivot ½ turn right stepping slightly forward on right
- 23&24 Step left slightly forward, pivot ½ turn right shifting weight to right, step left to left

SAILOR STEP, BEHIND SIDE KICK, KICK STEP TOUCH & CROSS ½ TURN

- 25&26 Sailor step - right, left, right
- 27&28 Step left behind right, step right to right, kick left forward
- 29&30 Kick left forward, step left in place, touch right next to left
- &31-32 Step right in place, cross left toes over right, pivot ½ turn right shifting weight to left

REPEAT

TAG

After 7 rotations of the dance you will be facing the 9:00 wall. Now do the first 16 counts of the dance, which will bring you to the 6:00 wall and restart from the very beginning again. You should end at the front!
