

Jet Lagged

Count: 96

Wall: 1

Level: Phrased Intermediate

Choreographer: Maddie Bee (USA) - July 2019

Music: Jet Lag (feat. Natasha Bedingfield) - Simple Plan



Intro: 32 counts, it will start right after bridge vocals of "So Jet Lagged"

Seq: A,B,C,B,Tag,A,B,C,B,A,B,C,C,B,Tag

PART A: (32 counts)

A1: Pivot Turn, Pivot Turn, Grapevine (12.00)

1,2 Step RF forward, turn ½ left (weight to LF)
3,4 Step RF forward, turn ½ left (weight to LF)
5,6 Step RF right, step LF behind right,
7,8 Step RF right, touch LF next to RF

A2: V step, Rocking Horse (12.00)

1,2 Step left diagonal with LF, Step right diagonal with RF
3,4 Step back with LF, Step RF next to LF
5,6 Rock forward with LF, replace weight to RF
7,8 Rock back on LF, return weight to RF

A3: Pivot Turn, Pivot Turn, Grapevine (12.00)

1,2 Step LF forward, turn ½ right (weight to RF)
3,4 Step LF forward, turn ½ right (weight to RF)
5,6 Step LF left, step RF behind left,
7,8 Step LF right, touch LF next to RF

A4: V step, Rocking Horse (12.00)

1,2 Step right diagonal with RF, Step left diagonal with LF
3,4 Step back with RF, Step LF next to RF
5,6 Rock forward with RF, replace weight to LF
7,8 Rock back on RF, return weight to LF

PART B: (32 Count)

B1: K Step (12.00)

1,2 Step RF diagonally forward, touch LF next to RF
3,4 Step LF diagonally back, touch RF next to LF
5,6 Step RF diagonally back, touch LF next to RF
7,8 Step LF diagonally forward, touch RF next to LF

B2: Triple Step, Triple Step, Rock Forward, Coaster Step (12.00)

1&2 Diagonal triple step right RF, LF, RF
3&4 Diagonal triple step left LF, RF, LF
5,6 Step forward on RF, recover back on LF
7&8 Step RF back, Step LF next to RF, step forward on RF

B3: Pivot ½ Turn Right, Shuffle Forward, Full Turn Forward, Shuffle Forward (6.00)

1,2 Step LF forward, turn ½ right
3&4 Step LF forward, Step RF next to LF, Step LF forward
5,6 Make ½ turn right by stepping onto RF, Make ½ turn right by stepping onto LF
7&8 Step RF forward, Step LF next to RF, Step RF forward

B4: Step, Step, Pivot turn, box step (12.00)

- 1,2 Step LF forward, Step RF forward
- 3,4 Step LF forward, turn ½ right (weight to RF)
- 5,6 Cross LF over RF, Step back on RF
- 7,8 Step LF to LF side, touch RF next to LF

Part C: (32 Counts)**C1: Triple step diamond (7.30)**

- 1&2 Triple step sideways RF, LF, RF facing 10.30
- 3&4 Triple step sideways LF, RF, LF facing 1.30
- 5&6 Triple step sideways RF, LF, RF facing 4.30
- 7&8 Triple step sideways LF, RF, LF facing 7.30

C2: Sailor Step, turning Sailor step (3.00)

- 1,2 Touch RF to left diagonal, touch RF side right bringing yourself center to 9.00
- 3&4 Hook RF behind LF, Step LF side left, Replace weight to RF
- 5,6 Touch LF to right diagonal, touch LF side left
- 7&8 ¼ turn left hooking LF behind RF, ¼ turn left stepping RF side, replace to LF 3.00

C3: Side Triple, rock step, side triple, rock step (3.00)

- 1&2 Side step RF, close LF next to RF, side step RF
- 3,4 Rock back LF, Replace weight RF
- 5&6 Side step LF, close RF next to LF, side step LF
- 7,8 Rock back RF, Replace weight LF

C4: Kickball change, Kick ball change, cross step, hitch (12.00)

- 1&2 Kick RF forward, rock back on ball of RF making 1/4 turn right, replace weight LF 12.00
- 3&4 Kick RF, rock back on ball of RF, replace weight LF
- 5,6 Cross step RF over LF, Side touch LF
- 7,8 Step forward LF, hitch RF

Tag 1: (8 Counts)

- 1,2 Swing RF out to right, around to left
- 3,4 Step on RF, step back on LF
- 5,6 Step back RF, step LF next to RF
- 7,8 Step RF, Step LF

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