

# Jacked Up

COPPERKNOB  
STEPSHEETS

Count: 64

Wall: 1

Level: Phrased Beginner / Improver - Hip  
Hop Styling



Choreographer: Kristin Clove (USA) - November 2022

Music: Jacked Up (feat. SMO & Pa Pa Fresh) - 6B.Low

Sequence : A-B-A-B-A-B-A

\*1 wall (dances front and back walls, always restarts A or B sequence to front wall)

## A

### \*1st 8 count

1,2 Step side R small bounce 2xs, Step LF together RF,  
3&4& bounce RF side R, rock back LF, Cross RF over LF, bend left knee up  
5,6 Step side L small bounce 2xs, Step RF together LF,  
7&8& bounce LF side L, rock back RF, Cross LF over RF, bend right knee up

### \*2nd 8 count

1&2 Jump RF forward, recover LF back, step RF behind,  
3,4& step LF behind, step RF behind, recover LF  
5,6,7,8 Step RF forward, Paddle LF 1/2 turn to back wall,

### \*3rd 8 Count

Repeat 2nd 8 count

### \*4th 8 count

1,2 Step RF side R together LF  
3,4 Step LF side L together RF  
5,6,7,8 Step back RF, LF, RF, LF

## B sequence

### #1st 8 count

1& Bounce RF R side,  
2&3 stomp RF Forward, toes R, toes L  
&4 Right knee comes up, step back RF  
5&6 Rock LF side L, recover RF, Cross LF over R  
&7 Right knee comes up, step RF side right small bounce once  
&8 Small bounce 2xs, jump up feet together

### #2nd 8 count

1&2&3&4 Step crossing RF over LF, step side Lf, step RF over LF, step side Lf, 1/2 turn (3 steps) RF  
over LF, step side LF, step RF right side  
5,6,7&8& Step stomp forward LF, RF, LF, RF, LF, RF (&)

### #3rd and 4th 8 count

Repeat 8 count 1 and 2 to back wall