

# My Friend Jack

Count: 32

Wall: 4

Level: Beginner

Choreographer: Adrian Helliker (FR) - September 2013

Music: My Friend Jack (Daniels) - Dave Sheriff



**Intro: 16 Counts Approx 8 Seconds Into The Track**

**[1-8] HEEL, HOOK, RIGHT STEP LOCKS X2**

- 1-2 Touch right heel forward, hook right heel over left
- 3&4 Step right forward, lock left behind right, step right forward
- 5-6 Touch left heel forward, hook left heel over right
- 7&8 Step left forward, lock right behind left, step left forward

**[9-16] SCISSOR STEP RIGHT, SCISSOR STEP LEFT, SIDE TOGETHER RIGHT, RIGHT CHASSE**

- 1&2 Step Right to right side, Step Left beside Right, Cross Right in front of Left
- 3&4 Step Left to left side. Step Right beside Left. Cross Left in front of Right
- 5-6 Step Right to right side. Step Left beside Right
- 7&8 Step Right forward. Step Left beside Right. Step Right forward

**[17-24] ROCK FORWARD, RECOVER, ¼ LEFT CHASSE, WALKS FORWARD WITH BUMPS X2**

- 1-2 Rock forward on left. Recover on Right
- 3&4 Turn ¼ left stepping Left to left side. Close right beside Left. Step Left to left side (9:00)
- 5&6 Right step forward with hip bumps forward, back, forward
- 7&8 Left step forward with hip bumps forward, back, forward

**[25-32] SHUFFLE FORWARD RIGHT, ROCK & RECOVER, SHUFFLE LEFT BACK, ROCK & RECOVER**

- 1&2 Step right forward, left beside right, step right forward
  - 3-4 Rock left forward, recover on right
  - 5&6 Step left back, right beside left, step left back
  - 7-8 Rock right back, recover on left
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