

Jacked Up

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Donna Manning (USA) - July 2015
音乐: Jacked Up - Charlie Farley



NO Tags or Restarts – 32 count intro

Sec. 1 (1-9) □ Walk Back L-R-L-R, Ball Step, Walk 2X, Out, Out, In, Step

1,2,3,4,&5,6,7 Walk back L-R-L-R, step the ball of L slightly back, step R fwd, walk L-R
&8&1 Step L out to side, R out to side, bring L in to center, step R fwd □ □ □ □ (12:00)

Sec.2 (10-16.5) □ Pause, Ball-Step, Pause, Ball-Step, ¼ Turn Step, Rocking Chair

2,&3,4,&5,6 Pause, Step ball of L to R, step R fwd, Pause, step ball of L to R, step R fwd, ¼ turn R step
L to side (3:00)
7&8& Rock R back (angle to 4:30), recover to L, Rock R fwd, recover to L (3:00)

Sec.3 (17-25) Step Back, Hitch, Back, Hitch, Step, Step, Behind, Side, Cross, Side, Cross

1,2,3,4 Keeping body angled to 4:30 – Step R back, hitch L, step L back, making ¼ turn R (7:30)
hitch R
5,6,7&8&1 Step R dwn, continue to 9:00 stepping L to side, R behind L, L to side, R cross L, L to side, R
cross L (9:00)

Sec. 4 (26-33) □ Side, Flick, Side, Flick, Hip, Hip, Side, Together, Side

Styling tip – bent knees with a little bounce going on

2,3,4,5 Step L to L side, flick R behind, Step R to R side, flick L behind
6,7 Step L down taking weight through hip, switch weight to R leg and hip
8&1 Change weight to L, step R next to L, step L to L side □ (9:00)

Sec. 5 (34-41) □ ¼ R, ¼ R, R Sailor, L Sailor, Pause, Ball-Step

2,3 ¼ Turn R stepping R to R side, ¼ turn R stepping L to L side
4&5, 6&7 R behind L, L to L side, R to R side, L behind R, R to R side, L to L side
8&1 Pause, bring ball of R to L, step L to fwd diagonal (1:00) (3:00 wall)

Sec. 6 (42-49) □ 1/8 L, ¼ L, Vaudeville (w/ heel), Hitch (crunch), Step, Botofogo

2,3 1/8 turn L Step R to R side (12:00), ¼ turn L stepping L to L side
4&5 Cross R over L, step L back to diagonal, touch R heel to diagonal front (10:30)
6,7 Hitch R while crunching abdominal area, step R to diagonal (10:30)
8&1 Cross L over R (10:30), bring ball of R to L, step L to diagonal (7:30) (9:00 wall)

Sec.7 (50-57) □ Cross, ¼ Turn, Back Triple, Step, Side, Pause, Ball –Step

2,3,4&5 Cross R over L, ¼ turn R step L back, Step R back, bring L to R, step R back
6,7,8&1 Step L to back diagonal, step R to R side, Pause, close ball of L to R, Step R fwd (12:00)

Sec. 8 (58-64.5) □ Walk 2X, Staggered Heel Splits 2X, ¼ Turn, ½ Turn

2,3 Walk fwd L-R
4&5 Step L fwd, on the balls of both feet split heels out, bring heels to center taking weight to R
6&7 Step L back, on the balls of both feet split heels out, bring heels to center taking weight to L
8& ¼ Turn R stepping R fwd (3:00), on the ball of R ½ turn to R with small hitch with L –finish
facing 9:00

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

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