

Hit it Jack!

COPPER KNOB
BY STEPHEN BRETZ

拍数: 96 墙数: 2 级数: Phrased Intermediate
编舞者: Wendy Johansson (CAN) - October 2018
音乐: Hit the Road Jack - Throttle : (iTunes)



Sequence: A A B C C C Tag A A B B C C End || Wall: A-2W, B&C-1W
Intro: 8 Cts (after spoken lyrics "Jack, Jack - Jack Jack") approx 4 sec into track

PHRASE A: 32 COUNTS 2W:

A[1-8] Step point, Cross side, Step Point, Cross Shuffle .

1 2 3 4 Step R forward, point L to L side. Cross L over R, step R to R side.
5 6 7&8 Step L forward, point R to R side. Cross R over L, bring L behind R, cross R over L.

A[9-16] Weaving 1/2 turn L & point side, 2 toe switches L/R.

1 2 3&4 Step L to L side. Cross R behind, step L 1/4 turn L (F 9:00) to L side, 1/4 turn L onto R (F 6:00), cross L behind R to R side.
5 6 &7&8 Point R to R side, hold (6), Step on R beside L, Point L toe to L side, step on L beside R, point R toe to R side.

A[17-24] Step point, Cross side, 1/4 turn L with Hitch, Weave side.

1 2 3 4 Step R forward, point L to L side. Cross L over R, step R to R side.
5 6 7&8& Step L forward and hitch R to 1/4 turn L (F 3:00). Weave to L side: Cross R over L, L to L side, R behind L, L to L side.

A[25-32] Jazz Box, Pivot L: 1/2 & 1/4.

1 2 3 4 Cross R over L, step L back, step R to R side, step L forward.
5 6 7 8 2 Pivots: Step R forward, pivot 1/2 L stepping forward on L (F 9:00), Step R forward, pivot 1/4 L stepping forward on L (F 6:00).

PHRASE B: 32 COUNTS 1W:

B[1-8] Walk R/L, Step wide R/L, Swivel L in, L out tap 2x step.

1 2 3 4 Diagonal walk forward R,L (F 1:30). Step wide with hip push R,L.

Optional : hands/arms: R index finger wag "no" on walks. Both index fingers jazz wag to sides on steps wide out out.

5&6 7&8 Swivel L toward R: heel, toe, heel. Tap L out, out again , step L to L.

B[9-16] 4 Walks back/Toe fans, Sailor step, Triple touch 1/2 turn L.

1 2 3 4 Walk back on diagonal with toe fans: R/L/R/L. Optional hands/arms: brush hands to front - shooing away, then R hand brush off L shoulder, then L hand brush off R shoulder
5&6 7&8 Step R behind L, step L to side, replace R to R side. Touch L toe behind, touch L toe again while swivel 1/4 turn L (F 10:30), touch L toe again while swivel 1/4 turn L (F 7:30).

B[17-24] Walk L/R, Step wide L/R. Sailor 1/4 turn L, Swivel 1/2 turn R into shuffle.

1 2 3 4 Diagonal walk forward R,L (F 1:30). Step wide with hip push R,L.
5&6 7&8 Step L behind R, step R to side turning 1/8 L (F 6:00), replace L turning 1/8 L (F 4:30). Swivel 1/2 turn & Shuffle: Step R (F 10:30), R, bring L to R , step forward R.

B[25-32] Hip push front/back 2x, Chase 1/2 turn, 3/8 Turn.

1 2 3 4 Diagonal hip push: L hip forward, R hip back, repeat.
5&6 7 8 Step L forward, pivot 1/2 turn R onto R (F 4:30), step L forward. Step R forward, 1/2 turn L (keeping weight on R), step L in beside R (F 12:00). Option for ct 8: Small jump, both feet together or chug on the spot - double fist pump overhead.

PHRASE C: 32 COUNTS 1W:

C[1-8] Touch front, walk back 3, Coaster step, Chase 1/2 Turn.

1 2 3 4 Touch R forward, step back R,L,R.

5&6 7&8 Step back L, step R back beside L, step forward L. Step forward R, pivot 1/2 L on L (F 6:00), step R beside L.

C[9-16] Jazz Box Cross-Syncopated with Point side. Turn, Sweep turn, Sailor 3/8 turn.

1 2&3 4 Cross L over R, step back R, step L to L side, cross R over L, point L to L side.

5 6 7&8 Step L 1/4 turn L (F 3:00), 1/2 L Turn on R & sweep L behind R (F 9:00). Sailor 3/8: Step L behind R turn 1/8 (F 7:30), step R to side (F 6:00), turn 1/8 L to replace L (F 4:30). Option: Sweep 3/4, Sailor 1/8.

C[17-24] . Syncopated Grapevine with Hip Swivel, Rocking Chair.

1 2&3&4 Step R to R side, cross L behind R, step R to R side, touch L ball of foot near R, swivel heels & hips L, recover to R.

5 6 7 8 Rock forward on L, recover R, rock back on L, recover R. Option: sync rocking chair: rock forward, back, forward, touch L beside R (5&6&7&8)

C[25-32] Syncopated Grapevine with Hip Swivel, Step, Paddle 1/2 Turn, Step.

1 2&3&4 Step L to L side, cross R behind L, step L to L side, touch R ball of foot near L, swivel heels & hips R, recover to L.

5 6 7 8 1/8 R Turn stepping R (F6:00), Paddle 1/2 turn R: touch L toe to L side swiveling R heel 1/4 turn R (F 9:00), touch L toe to L side swivelling R heel 1/4 turn R (F12:00), step L beside R.

TAG: Easy 8 ct TAG: Sit into L hip with L hand on L hip and hold to count of 8. R hand/arm full circle CCW: snap 4x (ct 1-4 jazz hand circling R arm back down to 6:00.

Ending: Last repetition of C on Ct 8: Small jump, both feet together or chug on the spot - double fist pump overhead (same as optional ending for B).

SHAZAM!!! :D

Thank you to Lory Kostash for suggesting this track :D

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