

Hey Jack

拍数: 32 墙数: 4 级数: Beginner
编舞者: Lisa Bodnar (USA) - December 2018
音乐: Hey Jack - Johanna Jane



Alternative Music:

Nobody to Blame (Chris Stapleton)
Parachute (Chris Stapleton)
You Wouldn't Know Me (Miranda Lambert)
Ball Cap (Glen Templeton)

[1-8]:

1-4 Walk forward R-L-R, hitch L (1-4)
5-8 Walk back L-R-L, hitch R (5-8)

[2-8]:

1-2 Touch R toe out to R side and hold (1-2)
3-4 Touch L toe out to L side and hold (3-4)
5-6 Touch R toe out to R side (5), touch R foot home (next to left – weight stays on left) (6)
7-8 Hip bump R (7), Hip bump L (8) (Your weight will switch from the L to the R then back to the L)

[3-8]:

1-4 Vine R (step R out to R, step L behind R, step R out to R side) and scuff (1-4)
5-8 Vine L (step L out to L, step R behind L, step L out making a ¼ turn L) and scuff through (5-8)

[4-8]:

1-4 Touch R heel forward (1); Touch R toe back (2); Touch R toe to R (3); Hitch R leg (4)
5-6 R Step slide forward (step R foot forward and slide L up to R, weigh transfers to L) (5-6)
7-8 Stomp R foot home position 2x (7, 8)

REPEAT and ENJOY!

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