

# ME and JACK

拍数: 48                      墙数: 4                      级数: Improver  
编舞者: Cathy Snow (USA) - August 2019  
音乐: Me and Jack - Jon Pardi : (Album: Heartache Medication)



Intro: 16 counts (one easy tag)

## [1-8] RIGHT KICK & POINT LEFT, LEFT KICK & POINT RIGHT. RIGHT SAILOR, LEFT SAILOR

1&2                      Kick right forward, step on right, point left to side left  
3&4                      Kick left forward, step on left, point right to side right  
5&6                      Step right behind left, step left to side, step right to side  
7&8                      Step left behind right, step right to side, step left to side

## [9-16] STRAIGHT STEPS FORWARD and BACK\*

1-2                      Touch right toe forward; step right next to left  
3-4                      Touch left toe behind, step left next to right  
5-6                      Touch right toe forward, step right next to left  
7-8                      Touch left toe behind, step left next to right

## [17-24] RIGHT TOE TAP 2X, MODIFIED SAILOR

1-2                      Touch right toe to right side and touch twice  
3&4                      Step right behind left, step left to left side, step right to right side  
5-6                      Touch left toe to left side and touch twice  
7&8                      Step left behind right, step right to right side, step left to left side

## [25-32] RIGHT STEP LOCK, SHUFFLE; LEFT STEP LOCK, SHUFFLE

1-2                      Step right forward, step left behind right  
3&4                      Shuffle forward right-left-right  
5-6                      Step left forward, step right behind left  
7&8                      Shuffle forward left-right-left

## [33-40] ¼ RIGHT MONTEREY TURN; JAZZ BOX

1-2                      Touch right side, turn ¼ right and step right together  
3-4                      Touch left side, step left together  
5-6                      Cross right over left; step back left  
7-8                      Step right side; step left forward

## [41-48] LINDY RIGHT, LINDY LEFT

1&2                      Step side right, step left next to right  
3&4                      Rock back on left, recover weight on right  
5&6                      Step side left, step right next to left  
7&8                      Rock back on right, recover weight on left

Tag: 6:00 wall first time only after steps [41-48]

\*\*\*Step right, touch left next to right, step left, step right next to left, then restart dance

I end dance after vocals (sounds like music is ending), but you can continue dancing into instrumental section....your choice

\*Optional: [17-24] CHARLESTON STEPS

Questions/Feedback: [mrssno@email.com](mailto:mrssno@email.com)

\* I do not own rights to this music.

