

# Jack Is Back

拍数: 80                      墙数: 1                      级数: Intermediate  
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音乐: Jack Is Back - The Clan



\*Intro Music 16cts , Bridge happens only 1 time on wall 3

## INTRO DANCE (16 cts)

### KICK BALL CROSS R (2X) , SIDE ROCK STEP WITH SHIMMY

1&2 3&4              Kick R diag fwd – step on R – cross L over R, Kick R diag fwd – step on R – cross L over R  
5 – 8                  Rock R to side – close R beside L – rock L to side – close L beside R (with shimmy)

### KICK BALL CROSS L (2X) , SIDE ROCK STEP WITH SHIMMY

1&2 3&4              Kick L diag fwd – step on L – cross R over L, Kick L diag fwd – step on L – cross R over L  
5 – 8                  Rock L to side – close L beside R – rock R to side – close R beside L (with shimmy)

## MAIN DANCE (80 cts)

### ( I ) SIDE TOUCH, STEP, HEEL FWD, FLICK, HEEL FWD , SIDE TOUCH & HITCH, VINE TO LEFT

1&2 3 4              Touch R to side – step R beside L – L heel forward , step on L whilst flick R back – R heel  
forward  
5&6 7&8              Touch R to side – hitch R knee – touch R to side, R behind L – L to side – cross R over L

### ( II ) SIDE TOUCH, STEP, HEEL FWD, FLICK, HEEL FWD , SIDE TOUCH & HITCH, VINE TO RIGHT

1&2 3 4              Touch L to side – step L beside R – R heel forward , step on R whilst flick L back – L heel  
forward  
5&6 7&8              Touch L to side – hitch L knee – touch L to side, L behind R – R to side – cross L over R

### ( III ) FORWARD SHUFFLE , ½ RIGHT , BACK SHUFFLE , HIP BUMPS, FORWARD SHUFFLE

1 & 2                  Forward shuffle on R – L – R  
3 & 4                  Turn ½ right, back shuffle on L – R – L .....(6.00)  
5 & 6                  Step R back and bump hips to back – forward – back  
7 & 8                  Forward shuffle on L – R – L

### ( IV ) FORWARD DIAGONAL STEP TOUCHES , MONTEREY STEPS

1 & 2 &              R diag fwd – touch L beside R – L diag fwd – touch R beside L  
3 & 4 &              R diag fwd – touch L beside R – L diag fwd – touch R beside L  
5 & 6 &              Touch R to side – turn ¼ right step R beside L – touch L to side – step L beside R  
.....(9.00)  
7 & 8 &              Touch R to side – turn ¼ right step R beside L – touch L to side – step L beside R  
.....(12.00)

### ( V ) WALK FORWARD , HEEL SWITCHES , HEEL TWISTS

1&2 3&4              Walk forward on R – L – R , Walk forward on L – R – L  
5&6&                  R heel fwd – R beside L – L heel fwd – L beside R  
7&8&                  Twist both heels to right – left – right – left

### ( VI ) WALK BACKWARD , HEEL SWITCHES , HEEL TWISTS

1&2 3&4              Walk back on L – R – L , Walk back on R – L – R  
5&6&                  L heel fwd – L beside R – R heel fwd – R beside L  
7&8&                  Twist both heels to left – right – left – right

### ( VII ) CHARLESTON STEPS , ½ RIGHT TURN , BACK

1&2&                  Touch R fwd – swing R to back – step R back – swing L to back

3&4& Touch L back – swing L to front – step L fwd – swing R to front  
5 – 6 Step R fwd – turn ½ right step L back .....(6.00)  
&7&8 Swing R to back – step R back – swing L to back – step L back

**( VIII ) DIAGONAL FORWARD SHUFFLE , FORWARD MAMBO , TOUCH BEHIND, TURN ½ LEFT**

1 & 2 Step R diag fwd – lock L behind R – R diag fwd  
3 & 4 Step L diag fwd – lock R behind L – L diag fwd  
5 & 6 Rock R fwd – recover on L – step R slightly back  
7 – 8 Touch L behind R – turn ½ left weight on L.....(12.00)

**( IX ) REPEAT VII – (CHARLESTON STEPS , ½ RIGHT TURN , BACK)**

**( X ) REPEAT VIII – (DIAGONAL FORWARD SHUFFLE , FORWARD MAMBO , TOUCH BEHIND, TURN ½ LEFT)**

**\*Bridge on wall 3, dance the first part I & II, then do the bridge, CONTINUE DANCE FROM PART V !!!**

1&2& Touch R back – step on R – touch L back – step on L  
3&4 Brush R fwd – step R to side – step L to side  
5&6& Swivel R heel in – swivel to centre – swivel L heel in – swivel to centre  
7&8 Swivel both heels in – swivel both balls in – swivel both heels in

**Have fun !!!**

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