

Jack

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Hit the Road Jack - Throttle



Intro : 16 counts

SEC 1 : Charleston, Touch RF, Touch LF 1/8 turn L, Touch RF, Touch LF 1/8 turn L

1-2 3 4 Touch RF , Back L, Touch back R, Step LF
5 6 7 8 Touch RF, Touch LF 1/8 turn L , Touch RF, Touch LF 1/8 turn L

SEC 2 : Charleston, Flick X4 ¼ turn left

1 2 3 4 Touch RF , Back L, Touch back R, Step LF
5 6 7 8 Flick R X4 Turn L

SEC 3 Side R, Touch, Side L, Touch, V Step

1 2 3 4 Step R side, Step L next to R , Step L side, Step R next to L with arm hands
5 6 7 8 RF Step in R diag,R, LF Step in L diag, RF Back to center, LF Back to center with arm hands

SEC 4 Triple step R side, Triple step L side, Step R,L,R,L in circle ½ turn L

1&2 Step R side to R , Step L next to R, Step R side to R with arm hands
3&4 Step L side to L , Step R next to L, Step L side to L with arm hands
5 6 7 8 Step R 1/8 L ; Step L 1/8 L, Step R 1/8 L, Step L 1/8 L in circle

SEC 5 Charleston with kick, Step turn , Pony step

1-2 3 4 Step RF, Kick LF, Step back R, Touch R back
5-6 Step RF, Turn left weithching right
7&8 LF step back hitching R knee , RF close next to LF, LF step back hitching R knee

SEC6 Step , Kick, Step, Kick, Back, Recover, Back, Flick

1 2 3 4 Step RF, Kick LF, Step LF, Kick RF
5 6 Step L back, Rock LF
7 8 Step R back, Step flick R

SEC 7 Out, Out , Hip roll, Swivel, Swivel, Hold, sax with hands

1 2 Step RF in R diag, Step LF in L diag,
3 4 Step R to right and hip roll counterclockwise
&5 &6 Swivel R heel inside and heel center, Swivel L heel inside and heel center
7 8 Hold, Playing the sax

SEC8 Kick R F, Kick R side, ¼ turn left side, Behind, Pigeon toes X2

1 2 Kick RF, Kick R side R
3 4 Step R ¼ T R, Step L behind
5 6 7 8 Swivel step R and L Toes outside, Swivel step R and L Toes inside X2

BRIDGE 40 counts : Raise your arms on 4 counts, Over 4 counts walk centre ending with feet apart facing forwards

- . after wall 3 Raise your arms on 4 counts, Step R side R and drag step L on 4 counts
- . Raise your arms on 4 counts, Step L side L and drag step R on 4 counts
- . Raise your arms on 4 counts, Step R side and drag step L on 4 counts
- . Raise your arms on 4 counts, Run back to original starting position

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GOOD DANCE
