

Jacked Up

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner / Intermediate
编舞者: Emma Olson (USA) - January 2025
音乐: Jacked up (Remix) (feat. Colt Ford & Bubba Sparxxx) - Charlie Farley



Dance begins at 0:15 when the lyrics start at "Gimme them there buck shot, buck shot"

(1-8) Walk, clap, walk, clap, R foot forward hold, L foot forward hold

- 1 Walk forward with R foot
- 2 Clap
- 3 Walk forward with L foot
- 4 Clap
- 5 Step R foot forward
- 6 Hold R foot
- 7 Step L foot forward
- 8 Hold L foot

(9- 16) R foot kick 2x, step R foot forward, lunge hop backwards facing new wall

- 1 R foot kick
- 2 R foot step down
- 3 R foot kick
- 4 R foot step down
- 5 R foot step forward, while turned 1/4 over L shoulder to 9 o'clock wall
- 6 Hold
- 7 Lunge hop backwards
- 8 Hold

(17- 24) L foot kick 2x, L foot steps down,

- 1 L foot kick
- 2 L foot step down
- 3 L foot kick
- 4 L foot step down
- 5 Hitch R knee backwards
- 6 Step R foot down
- 7 Hitch L knee backwards
- 8 Step L foot down

(25- 32) Heel grinds moving to the L using the R heel (traveling heel grind), hop out on both feet, hop feet together with crossing R foot over L foot, unwind 3/4 to new wall to start again

- 1 Cross R foot in front of L foot, keeping it there, travel to the L by grinding heel while moving the L foot (which is behind the R foot)
- 2 Heel grind, while bringing L foot out to the L
- 3 Cross R foot in front of L
- 4 Bring L foot out to the L
- 5 Hop both feet out
- 6 Hop to bring both feet in, but cross R foot in front of L foot
- 7,8 Unwind 3/4 going over L shoulder (feel free to do a full spin or turn here, just make sure to end up at the new wall)

(start again with new wall)

Restart is at the 3:33 mark in the song at the last "let's ride" lyric

