

# Jacked Up

拍数: 0                      墙数: 0                      级数:  
编舞者: Benjamin Smart (AUS)  
音乐: All Jacked Up - Gretchen Wilson



Sequence: AB, TAG, AB AA BA A(1-56) A

## PART A

### STEP KICK, SAILOR TWICE, BACK STEP

1-2                      Step right to right side: kick left foot diagonally to left side  
3&4                      Step left behind right: step right slightly to right side: step to left side  
5&6                      Step right behind left: step slightly to left side: replace right to right side  
7-8                      Step back on left: replace right foot forward

### SHUFFLE STEP, HALF TURN, SHUFFLE, KICKBALL CHANGE

1&2                      Step left foot forward: step right next to left: step left foot forward  
3-4                      Step right foot forward: pivot half turn left, stepping left foot forward  
5&6                      Step right foot forward: step left next to right: step right foot forward  
7&8                      Kick left foot forward: step back on left foot: replace on right

### CROSS, HOLD, TAP, HOLD, STEP BACK, HOLD, TAP, HOLD

1-2                      Cross left over right: hold  
3-4                      Tap right to right side: hold  
5-6                      Step right behind left: hold  
7-8                      Tap left to left side: hold

### BOX STEP WITH ¼ TURN LEFT

1-2                      Cross left over right: hold  
3-4                      Turn ¼ turn left and step back on right: hold  
5-6                      Step left to left side: hold  
7-8                      Tap right next to left: hold

### SHUFFLE ROCK BACK STEP TWICE

1&2                      Step right to right side: place left next to right: step right to right side  
3-4                      Rock left foot back: replace weight to right  
5&6                      Step left to left side: step right next to left: step left to left side  
7-8                      Rock right foot back: replace weight to left

### 2 STEP ½ TURN PIVOTS, KICK, HITCH, KICK, SCUFF

1-2                      Step right foot forward: pivot ½ turn left weight on left  
3-4                      Repeat counts 1-2  
5-8                      Scuff right foot forward: cross right over left: scuff right foot forward: scuff right foot back

### OUT, OUT, IN, IN

1-2                      Step right out diagonally right: hold  
3-4                      Step left out diagonally left: hold  
5-6                      Step right foot back: hold  
7-8                      Step left foot next to right: hold

### FULL TURN, BODY ROLL

1-3                      Turn a full turn with weight on left  
4                          Finish with weight on right

- 5-7 Body roll (can be done front or side body roll)  
8 Finish with weight on right

## **PART B**

### **KICKS, SAILOR, DOUBLE KICK, LEFT SAILOR**

- 1-2 Cross left over right: kick right next left  
3&4 Cross right behind left: step left to left side: cross right over left  
5-6 Kick left foot twice next to right  
7&8 Step left behind right: step right to right side: step left to left side

### **TWIST STEP WITH ½ TURN**

- 1-2 Step right foot diagonally right with toe turned out: hold  
3-4 Turn ¼ turn left and step left foot forward with toe turned out: hold  
5-8 Turning a ¼ turn left, step right, left, right

**This step should look like you are twisting on the spot, while turning left, arms are held out to sides fingers splayed and shimmied like a jazz movement**

### **STEP DRAGS X 4**

- 1-2 Step right foot back: drag left next to right  
3-4 Step left foot back: drag right next to left  
5-6 Step right foot back: drag left next to right  
7-8 Step left foot back: tap right next to left

### **MONTEREY, ¼ TURN TWICE WITH ROLLING VINE**

- 1-2 Turn ¼ to left, point right toe out to right side: turn ¼ to right replacing right foot to right side  
3-4 Turn ¼ to right, point left toe out to right side: turn ¼ to left touching left foot next to right  
5-8 Turn ½ to left stepping forward on left: turn ½ to left stepping back on right: turn ½ to left stepping forward on left: tap right next to left

- 1-8 Repeat these last 8 counts again

### **ROCK FORWARD & BACK, ROCK BACK, ROCK FORWARD, ¼ TURN, VINE**

- 1-2 Rock forward on right: replace weight to left  
3-4 Rock back on right: replace weight to left  
5-8 Turn ¼ to left stepping right to right side: step left behind right: step right to right side: tap left next to right

## **TAG**

### **ROCK, ¼ TURN, SHUFFLE TWICE**

- 1&2 Step left to left side: place right next to left: step left to left side  
3-4 Rock back on right: replace weight to left while turning ¼ left  
5&6 Step right to right side: place left next to right: step right to right  
7-8 Turn ¼ left and step back on left: replace weight to right stepping to right to right side

### **SHUFFLE, ¼ TURN, KNEE TWISTS**

- 1&2 Step left to left side; place right next to left: step left to left side  
3-4 Rock back on right: replace weight to left while turning ¼ left  
5-8 Point right to right side: twist right knee in with right toe pointed down: twist right knee out: straighten right knee with right toe pointed out to right side
-