

# Jam It Up

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Daniel Whittaker (UK)  
音乐: Every Little Step - Mercury 4



## TOUCH OUT RIGHT TWICE, ¼ TURN COASTER STEP, FULL TURN STEP BACK

1&2      Touch right toe out to side, return beside left, touch right toe out to side  
3      Make ¼ turn right keep weight on left  
4&5      Step right back, step left beside right, step forward right  
6&7      Step left foot forward, make ½ turn right, make a further ½ turn right step back left  
8      Step right foot back

## COASTER STEP, WALK FORWARD RIGHT LEFT, MODIFIED GRAPEVINE, SLIDE TAP TWICE

1&2      Step left foot back, step right beside left, step left foot forward  
3-4      Walk forward right, left  
5-6      Step right to right side, step left behind right  
&7      Step right beside left, and step left long step to the left  
&8      Drag right beside left as you drag right to left tap right toe on floor twice

## COASTER STEP, HEEL DIG TWICE, ½ TURN, ¼ TURN, KICK JACK

1&2      Step right back, close left to right, step right foot forward  
3&4      Touch your left heel forward twice (known as heel digs)  
5-6      Make ½ turn left step left forward, make ¼ turn left step right to right side  
7&8      Step left behind right, step right slightly back right, kick left diagonally forward left

## SYNCOPATED GRAPEVINE LEFT, TOUCH RIGHT, LEFT, RIGHT, HOOK FLICK ¼ LEFT

&1&2      Step left down, cross right in front of left, step left slightly left, cross right behind left  
&3&4      Step left to side, cross right in front of left, step left slightly left, touch right beside left  
5&6      Touch right to right, touch left to left  
&7&8      Touch right to right, flick right foot in front of left leg, make a ¼ turn left flick right to right side

## SIDE STEP TOUCH, CHASSE LEFT, CROSS COASTER STEP, STEP RIGHT FORWARD

1-2      Step right to right side, touch left in front of right  
3&4      Step left to left, close right to left, step left to left  
5      Step right in front of left  
6&7      Step left foot back, close right to left, step forward left  
8      Step right forward

## ROCK LEFT FORWARD, SHUFFLE ½ LEFT (OR 1 ½) STEP FORWARD RIGHT LEFT BUMP TWICE

1-2      Rock left foot forward, recover back on right  
3&4      Shuffle ½ turn left (or make 1 ½ turn left)  
5-6      Step right foot forward, step left beside right (clap)  
7&8      Bump hips left, right left

**REPEAT**