

# I Was Jacked (aka One Foot)

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Dan Albro (USA) & Addison Albro (USA) - February 2018  
音樂: I Was Jack (You Were Diane) - Jake Owen



**Intro: 24 count Intro – start with vocals \* 2 Tags/Restarts**

**[1-8] STOMP, STOMP, HOLD (CLAP), SHUFFLE FWD, FWD MAMBO, SHUFFLE ½ TURN**

1&2            Stomp fwd R, stomp further fwd R(weight on R), hold clapping hands  
3&4            Step fwd L, step R next to L, step fwd L  
5&6            Step fwd R, step L next to R, step back R  
7&8            Turn ¼ left stepping side L, step R next to L, turn ¼ left stepping fwd L 6:00

**\* On wall 2 (facing 9:00) replace counts 7&8 of the first eight count with a coaster step  
Step back L, step R next to L, step fwd L. Then restart from the beginning.**

**[9-16] SHUFFLE ½ TURN, COASTER STEP, KICK, OUT, OUT, 3 HIP BUMPS**

1&2            Turn ¼ left stepping side R, step L next to R, turn ¼ left stepping back R 12:00  
3&4,5&6        Step back L, step R next to L, step fwd L, kick R fwd, step side R, step side L  
7&8            Bump hips right weight on R, bump hips left , bump hips right weight on R

**\* On wall 3 (facing 6:00) replace 3 hip bumps (7&8) with sway right, sway left – then restart dance**

**[17-24] WEAWE, ¼ TURN ROCK, REPLACE, ½ TURN STEP, ½ TURN SHUFFLE, ½ TURN SHUFFLE**

1&2&            Step side L, step R behind L, step side L, cross R over L  
3&4            Turn ¼ left rocking fwd L, replace weight on R, turn ½ left stepping fwd L 3:00  
5&6            Turn ¼ left stepping side R, step L next to R, turn ¼ left stepping back R 6:00  
7&8            Turn ¼ left stepping side L, step R next to L, turn ¼ left stepping fwd L 3:00

**[25-32] JAZZ BOX, STEP ½ PIVOT, HEEL SWITCHES**

1,2,3,4        Cross R over L, step back on L, step side R, step fwd L  
5,6            Step fwd R, pivot ½ left weight on L 9:00  
7&8&            Touch R heel fwd, step R next to L, touch L heel fwd, step L next to R

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